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1995



All In The CARDS

FROM

Ames High Alumni Association
1921 Ames High Drive
Ames, Iowa 50010-5100

TO

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ACADEMICS

Playing With A Full Deck

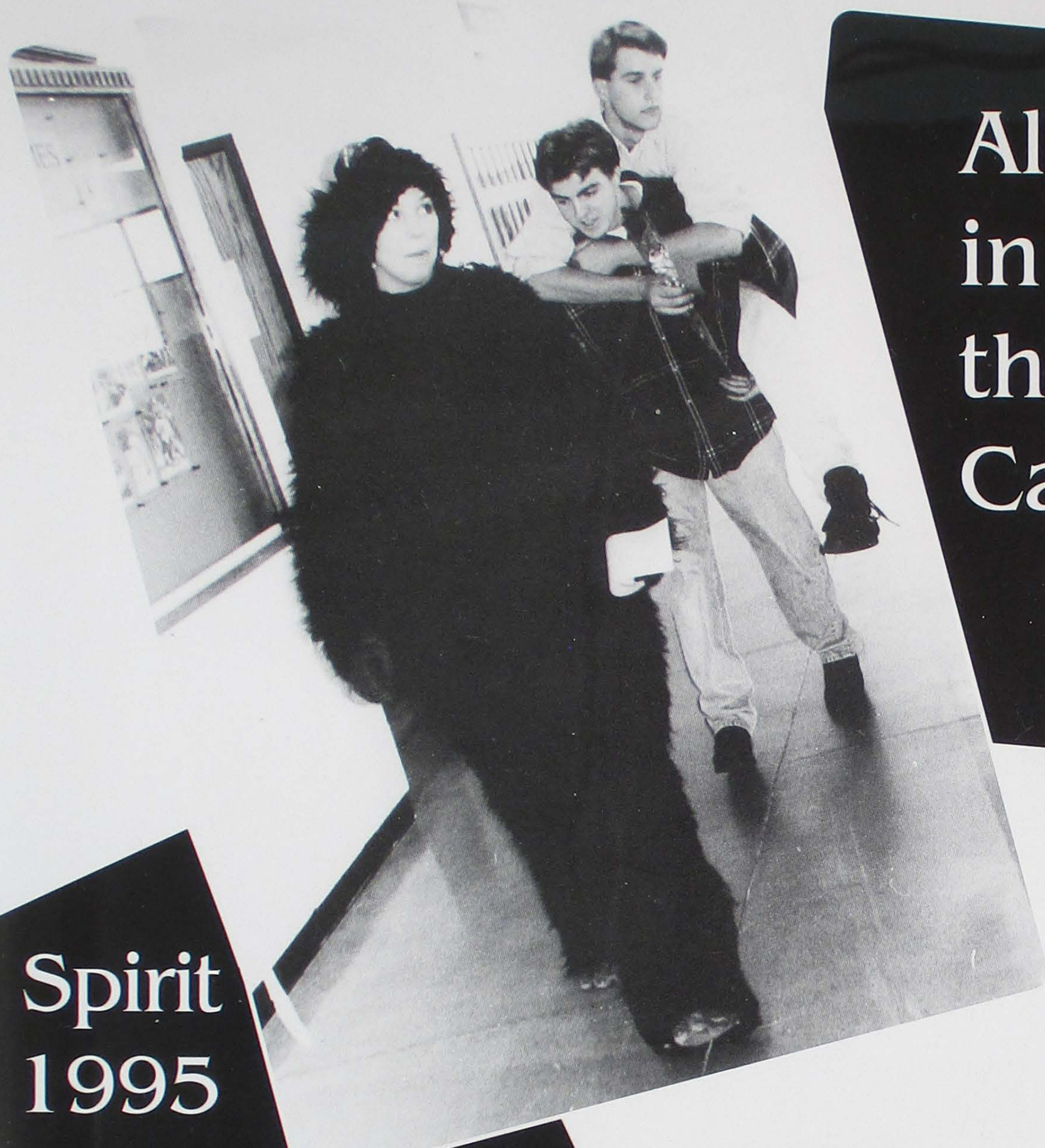
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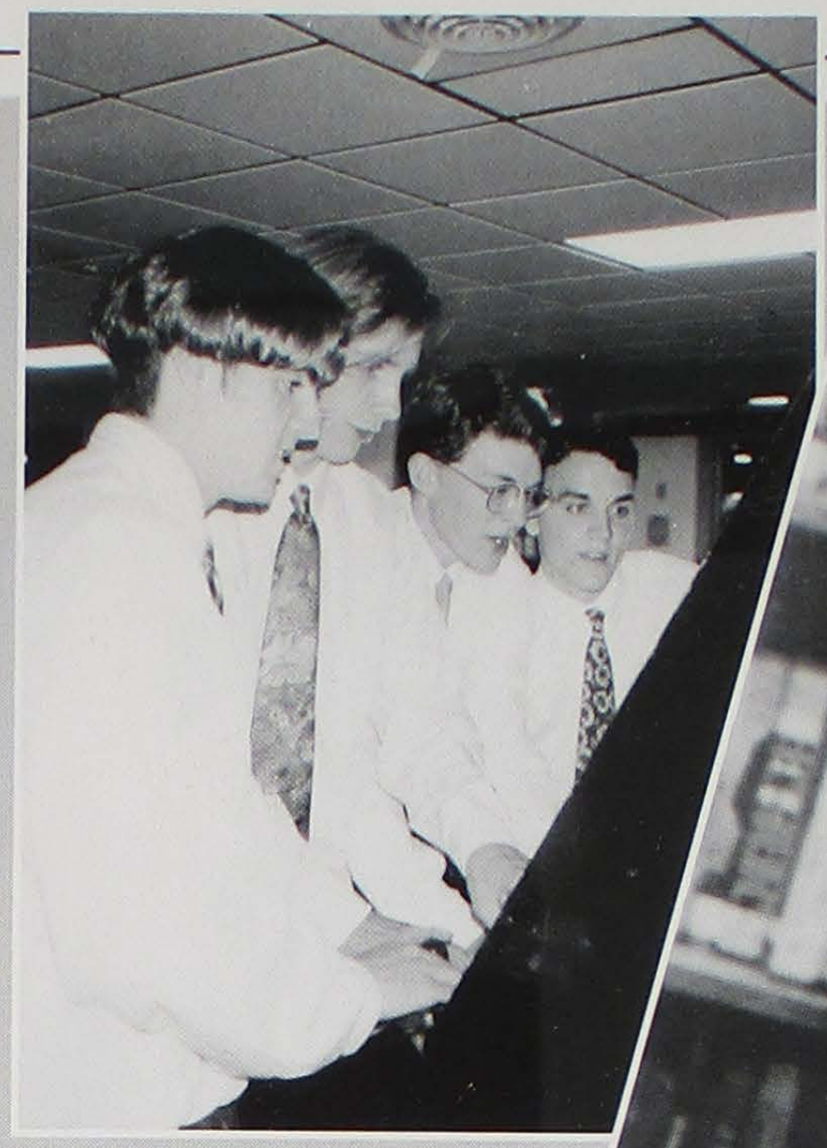
All in the Cards

Spirit 1995

Senior Jenny Johnson and her 'bodyguards', seniors Jason Ryan and Peter Shupp, head towards the gym looking for their next 'victim.' Johnson, dressed as a gorrilla on Valentine's Day for welfare week, delivered flowers to raise money for cancer patient Beth Huff. (Photo by Alicia Ackerman)

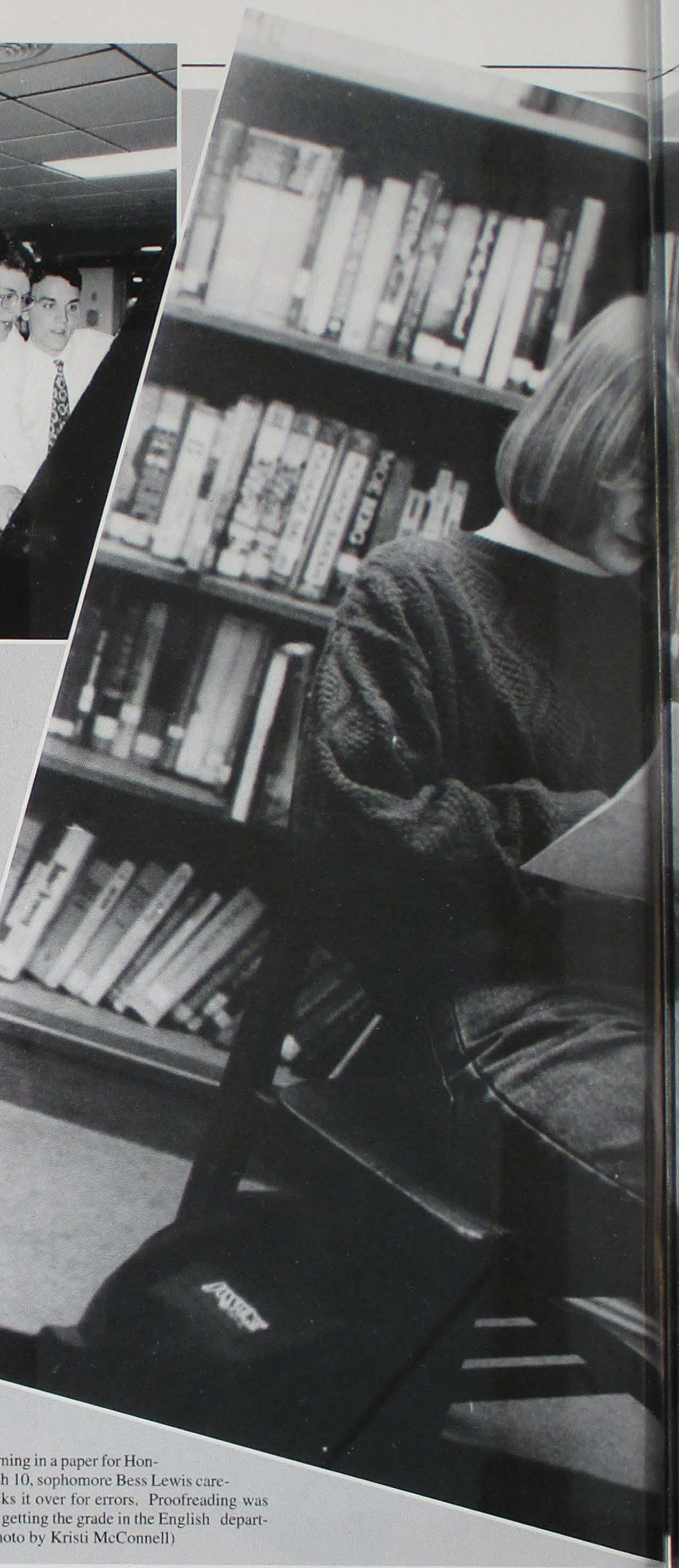
Ames High School
1921 Ames High Drive
Ames, Iowa 50010-5199
Phone:515-239-3710
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Student population: 1440

With those last days coming to a close, seniors found ways to make the occasion more memorable. Seniors Jason Ryan, Tomas Jensen, Dave Millen and Dan Gardner flocked to Linn Mar after Baccalaureate to relieve the stress that their senior year had caused as well as have a little fun in the process. (Photo by Emily Bourne)

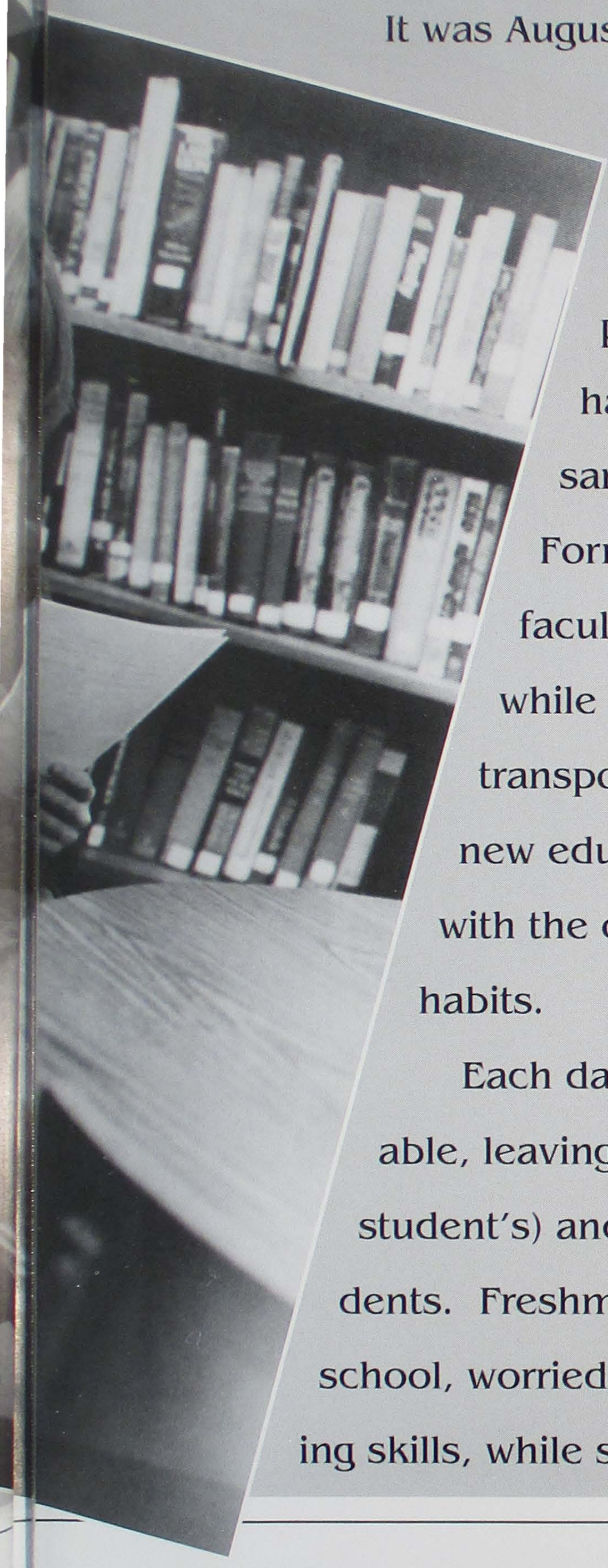


Aiming high, senior Eric Strauser found a new pasttime in bungee bouncing. The sport was offered for recreation at a senior party and was popular among students. (Photo by Emily Bourne)





Before turning in a paper for Honors English 10, sophomore Bess Lewis carefully checks it over for errors. Proofreading was the key to getting the grade in the English department. (Photo by Kristi McConnell)



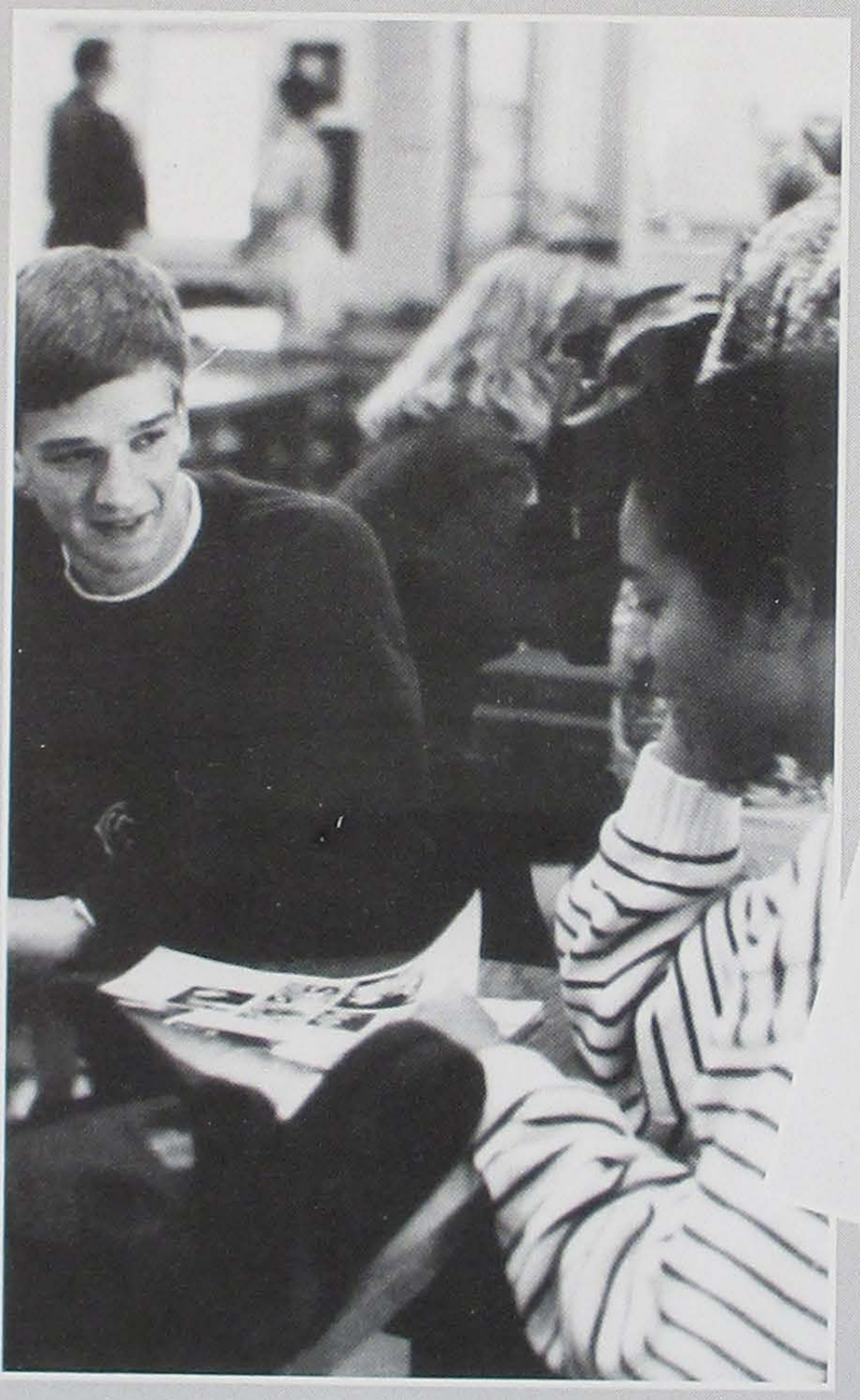
It was August 28, the first day of another school year. Parents rose early to drive their nervous freshman to school while seniors pulled into a new expensive parking lot. But many things had changed and many stayed the same inside and outside of the building. Former teachers were replaced by new faculty (including a new yearbook advisor) while **all** of the portable classroom were transported to North lot to make room for a new educational wing. New faces blended with the old and new schedules broke former habits.

Each day at Ames High was totally unpredictable, leaving teachers to pull their hair out (or a student's) and causing chaos with the state of students. Freshman, just happy to be out of middle school, worried if they were sharp **in** schedule reading skills, while sophomores handled more challeng-



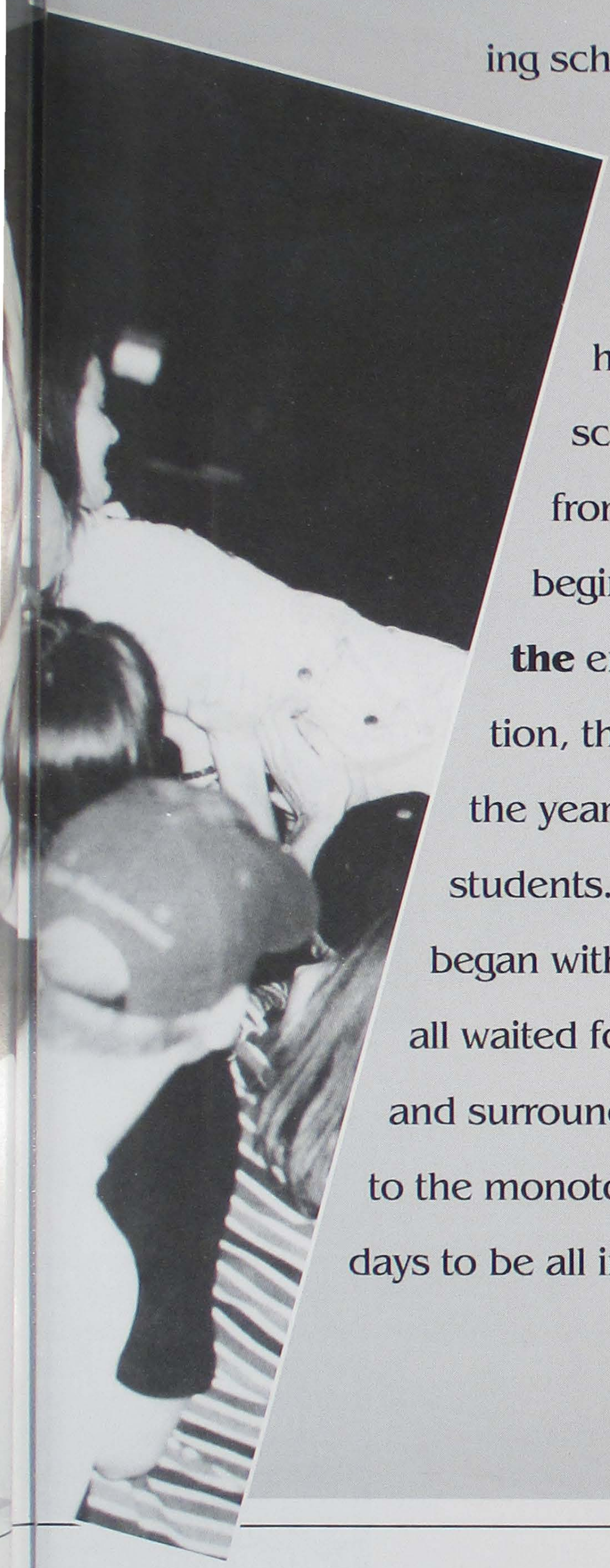
Playing a game of paddy cake, senior Allison Warner interacts with Bethany Bachman. Warner was apart of the 7th period Child Development Class that hosted Playschool for children ages 3-6. (Photo courtesy of Tanisha Cosby)

Lending an ear, senior Derek Ginder spends a free period listening to senior Charli Engelhorn explain her day. The media center often served as the hang out place for upperclassmen to catch up on things with friends.(Photo by Kathy Loveland)





Arousing the crowd during Battle of the Bands, senior Karen Moon rises to the top of a mosh pit. During Battles the students on stage often had to share the limelight with their audience. (Photo by Alicia Ackerman.)



ing schedules and celebrated the fact that they weren't freshman anymore. Juniors soon realized that upperclassmen didn't lie to them (a first) as they handled their toughest year in high school. With a bad case of senioritis from day one, seniors used the year as a beginning and an end, looking forward to **the** end first—graduation. Due to construction, the back hall was closed during parts of the year, adding chaos to the natural flow of students. A new year filled with anticipation began with the sound of the 8 a.m. bell, and we all waited for what would come next. The scenery and surrounding had a make over, giving an uplift to the monotony and leaving the upcoming 180 days to be all in the **cards**.

–Tanisha Cosby, Editor-in-Chief



Freshman Jamie Theilen didn't let his broken right leg and left arm stop him from taking Iowa Test of Educational Development (ITED). Theilen was injured during a football game early in the season. (Photo by Jason Rearick)

PLAYING WITH A FULL DECK

Ten students spent one month in Russia on an exchange with teacher Alan Junck.

The Class of 1995 had eight National Merit Scholarship Semifinalists, twenty-two National Merit Commended Students, and one National Black Achievement Semifinalist.

Approximately 70% of Ames High graduates each year enroll in four year colleges/university. Another 20% will enroll in two year community colleges or vocational schools. The remaining 10% enter the job force or the millitary.

For the last quarter of a century, Ames High's drop out rate has been less than 2% annually.

Approximately $600,000 of financial aid was offered to students in the form of grants, scholarships and awards.

Size of some of the top high schools in the state of Iowa based on student enrollment. Largest-WDM Valley, 2nd-Lincoln (DM), 4th East (DM), 7th-Cedar Falls, 8th-Roosevelt (DM), 19th-Marshalltown, 21st-Ankeny/Ft. Dodge (tied), 23rd-Ames, 25th-City High, 30th-North (DM), 31th-Mason City, 34th-Hoover, 35th-Newton, 37th-Dowling, and 39th-Urbandale.

By Collette Best

I THINK I CAN...

Students used positive thinking to keep motivated

Students needed something within them to provide them with a motive for action. This motivation almost forced some students to go to school and do their homework.

Several had more people oriented reasons to go to class everyday. Sometimes these students felt that what their classmates had to say was more important than that day's lesson.

"I only look forward to school to see my friends," senior Liza Kelly said. "I don't usually pay attention in class, but my teachers love me anyway."

Some students had a reputation to keep. They wanted to look good both in and out of the classroom.

"If I don't do well in school and get good grades then my parents will take away all of my material possessions, and I couldn't handle losing my car," junior Bryce Johnson said. "Also, if I didn't get good grades, girls would think that I was all brawn and no brains."



"If I don't get good grades, girls would think that I was all brawn and no brains." - junior Bryce Johnson

The future was what kept other students focused and moving forward in school. They looked ahead to what was to come after high school was over.

"The thing that motivates me the most to got to school is that I want to get a good education and be able to be accepted to a good college," freshman Elizabeth Hallam said.

Sports was one thing that kept some students going. They felt that athletics were more important than their schoolwork, but still kept homework in mind.

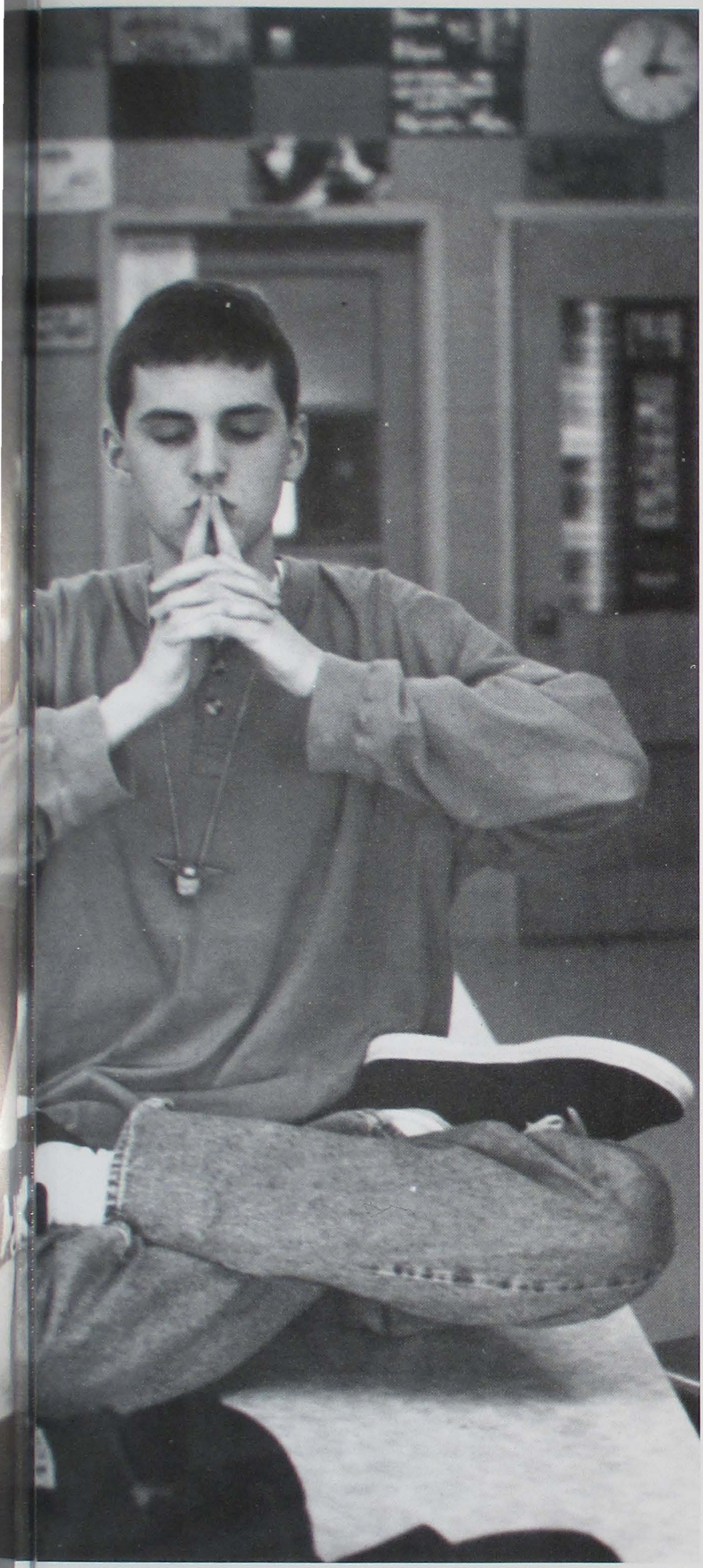
"I don't get motivated for academics," sophomore Cody Dakan said. "I only get motivated in sports. I am motivated in sports to go above and beyond. I am striving to get better grades and to be somebody some day."

Motivation was an important aspect in students doing well and going to class. It kept students moving in the right direction and getting things done.



During class, juniors Stephanie Brennan, Ujjaini Mitra, and Jason Minion take a break from their schoolwork to admire a physics trophy. (Photo by Alicia Ackerman)

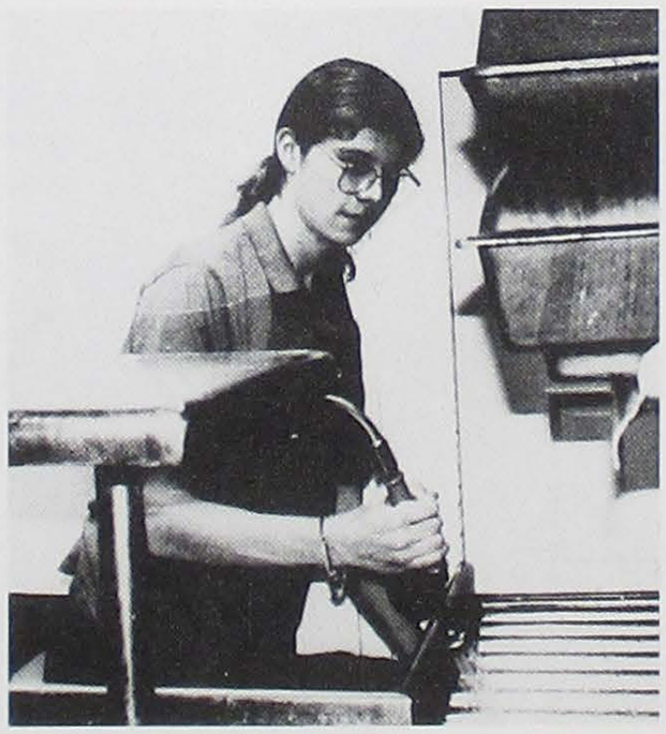




Junior Chris Allen motivates his mind by praticing yoga on a table in a classroom. (Photo by Jason Rearick)

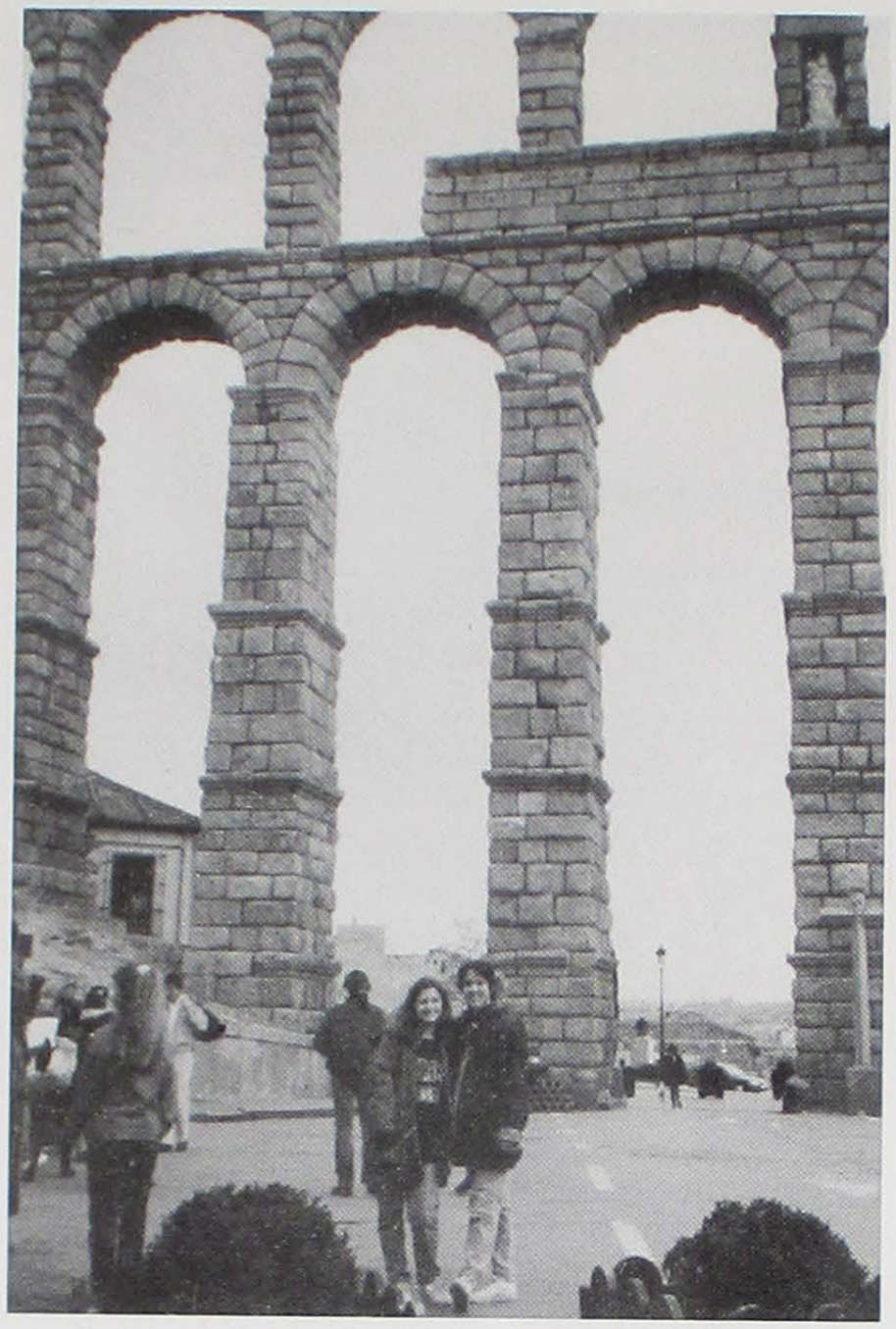
Spending her extra time helping out in the greenhouse, sophomre Cassie Rice gets some hands on experience in plant care. (Photo by Kristi McConnell)





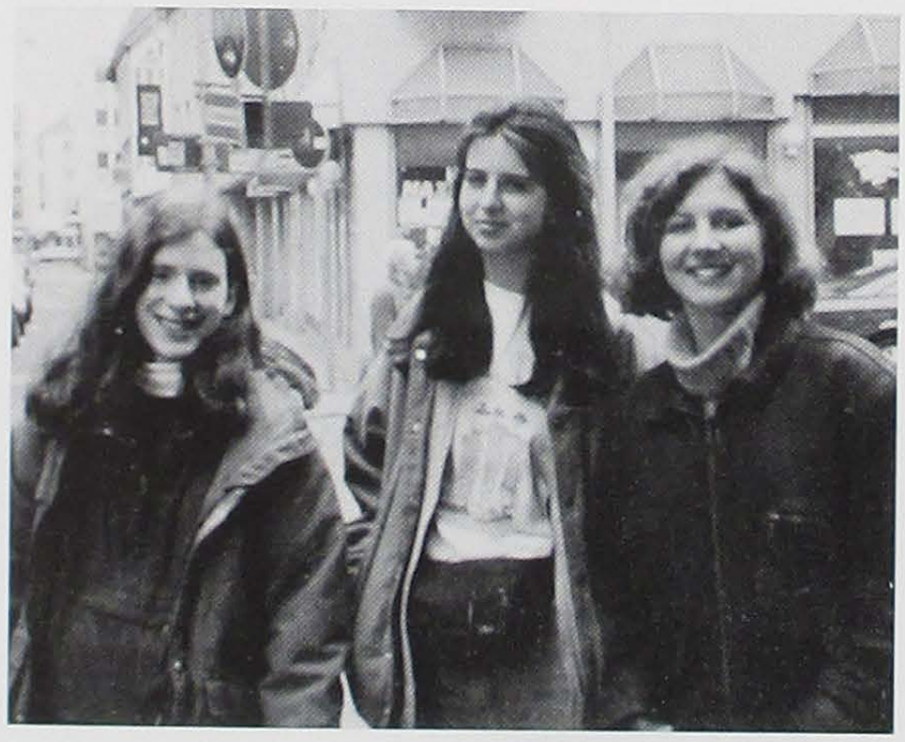
Working at a local restaurant, junior Kevin Anderson earns some spending money and saves some for college. (Photo by Alicia Ackerman)

After spending two hours on a train ride from Madrid, seniors Lisa Biggs and Jenny Ellett find themselves standing under the aquaduct in Segovia, Sp0ain for a quick snapshot. Segovia was one of many stops on their tour of Spain. (Photo by Shannon Kenealy)



Framed by the Eiffel Tower in Paris, France,seniors Lindsay Pyle and Jackie Zenor share a laugh. Students spent the first days of their trip with the entire group, then stayed the remainder of their time with host families. (Photo courtesy of Jackie Zenor)





While touring Koln, Germany, juniors Sarah Chaplain and Brooke Harker take time for a smile during an afternoon of shopping with a German friend, Sabina, who was part of senior John Baty's host family. (Photo courtesy of Sara Britson)

By Emily Bourne

Around the World

Students studied differences in culture abroad

Across the oceans lie lands of culture, knowledge, and mystique. Countries different yet similar in their ways of life. The perfect place for a student to endulge in a rich cultural experience.

One vital part of an education is first-hand experience. Students were provided with opportunities to live in a foreign land for a short amount of time with a host family.

"It was great to be able to actually communicate in Spanish. It really made me feel proud when I could hold an entire conversation with my family and understand everything," senior Katie Rhodes said.

Once in a different country, students had to adjust to many alterations in their lifestyles, both mentally and physically.

"The hardest thing to get used to was the seven hour time difference. I slept every econd I could," senior Brandi Foley said. "But the friends that I made, my wonderful family, and the weather are all calling me to go back to France!"

"Experiencing a country first-hand ismore satisfying than a textbook."

--senior Jenny Johnson

Living in a different atmosphere also proved to result in many unusual expereiences.

"The family that Bruno (Gilchrist) was staying with in Germany had a pet parrot who walked around their house all day," senior Micah Vardeman said. "It was really mean and attacked everyone's feet, and it messed up all of his luggage."

Perhaps the most beneficial part of visiting a foreign country was that the students were involved in the social life—they became part of the country.

"Experiencing another country first hand is much more satisfying than learning about it in a textbook," senior Jenny Johnson said. "The atmosphere in England, Ireland, and Wales is so much more relaxed and laid back than it is in the U. S."

If it was trying to handle a currency exchange, attempting to use confusing transportation, or trying to capture every moment on film, foreign travel was an experience that will benefit them a lifetime.





Seniors Katie Rhodes and Lindsey Rice stand on a bridge overlooking the city of Toledo, Spain, geting ready to capture the moment on film. "It was sometimes frustrating to try to say something in Spanish to a native speaker, because by the time you figured out what you were going to say, they had moved on to the next conversation," Rice said. "But the overall benefit definately improved my fluency of the Spanish language." (Photo courtesy of Karen Moon)

By Melissa Harris

Aiming Higher

Students took academics to a different level

Even though advised not to because of difficulty, many students chose to take AP and honors classes anyway. They felt a challenge would help them in the end.

"I thought that the regular classes would be boring," senior Jenny Lathrop said. "I found that AP Senior English provided some exciting discussions."

AP and Honors classes required more out of class work, but it was worth it because students didn't have as much busy work to complete.

"I didn't want to do all the busy work like in the regular classes," sophomore Marc Scholten said. "I wanted to devote my time to concentrating on the important assignments."

While some were concerned with the present, others looked toward the future.

"I am hoping to catch the eyes of college admissions boards and better qualify myself for academic scholarships with my transcript," sophomore Jennifer Peyser said.



"I didn't want to do all the busy work like in the regular classes"– Sophomore Marc Scholten

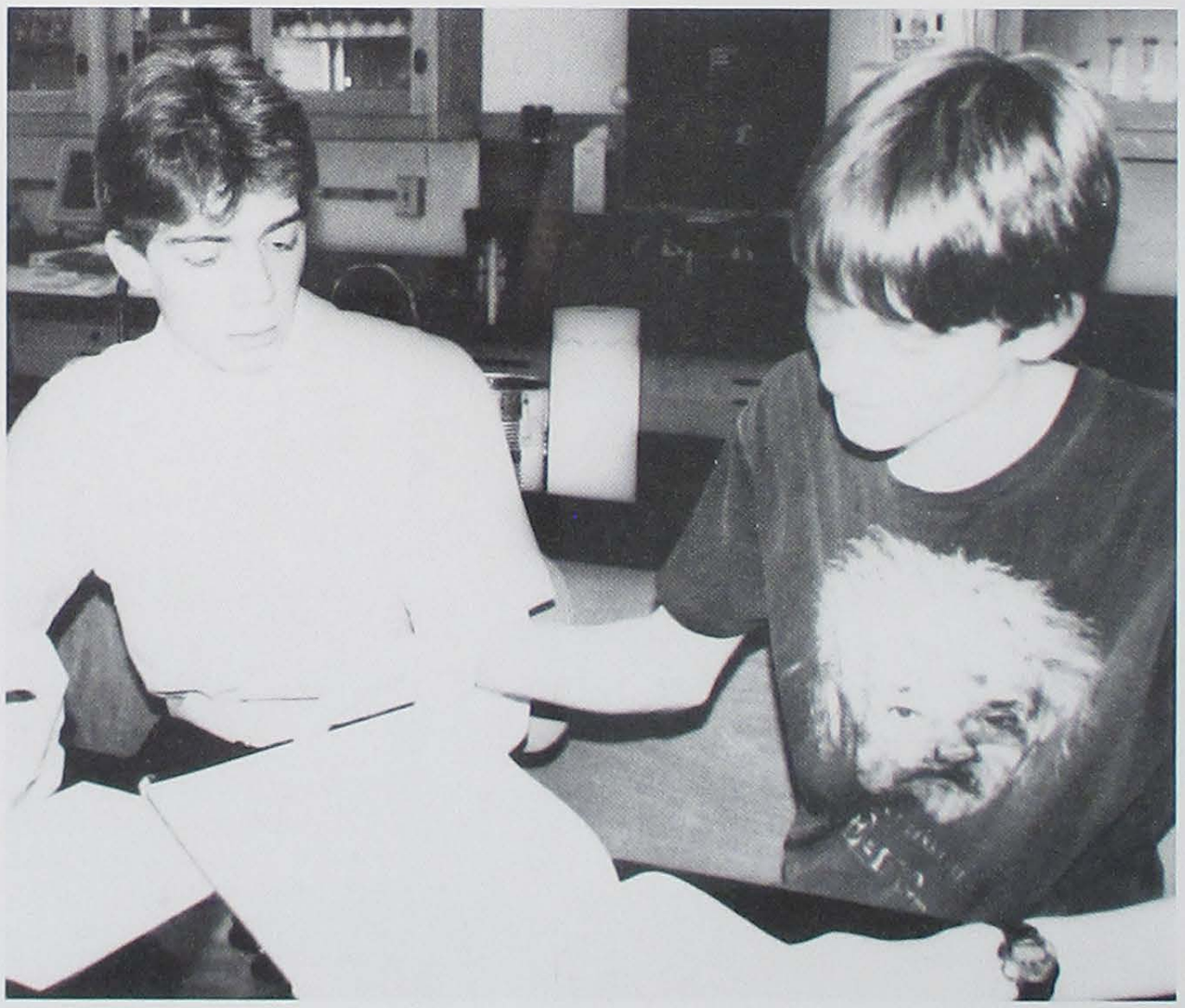
Several seniors took all the AP and honors courses available. Often they looked back and thought, WHY?

"I don't really know what prompted me to take Honors Chemistry," senior Melinda Hefley said. "I guess just because I had taken all of the harder science classes up until it, and I just decided, why not suffer through another one."

AP and honors students felt pressures from various sources to take the challenging classes. Whether from a parent or a faculty member, all were glad that they had listened.

"My father wanted me to take all the honors courses because he wants me to be prepared for my future," sophomore Adina Rollins said. "It's nice to know that he believes in me."

Students learned that in an honors class grades are not the most important part, it's the content of what was learned.



Honors Chemistry students senior John Baty and junior Evan Jeffrey study for an upcoming unit test on Organic Chemistry. Study groups often helped students understand the material better. (Photo by Alicia Ackerman)



Sophomore Honors Biology student Nishant Parulekar checks on the progress of his semester project. Often they were required to complete independent projects with minimal instruction. (Photo by Kristi McConnell)

Juniors Beccy Madsen, Steve Cable, and Chris Hoffman prepare to complete the pendulum experiment during a Physics lab. "Hard" Physics was comparable to Physics 111 at ISU. (Photo by Alicia Ackerman)



Juniors Angie Gabrielson and Steve Cable give a Pre-Calculus presentation having to do with politicians overhearing plans in the oval office. Pre-Calculus was not considered an honors class for seniors, but the juniors were taking it on an advanced level. (Photo by Alicia Ackerman)

Relieving Stress

Independent study took pressure off students and their busy schedules

By Jenny Ellett

While most students rapidly darted through the doors upon hearing the one minute music before class began, a few other students found a way to work at their own pace. Some did this to balance their time, others simply had no other choice.

> "I am taking music theory independent study. I can balance my time better, and Mrs. Polashek is like a second mother to me," –junior Chris Allen

Some students found independent study to be a good way to learn by working at their own convenience and still get the benefit of the class.

"I like taking Music Theory independent study because it gives me more time to work on homework for other classes. I can balance my time better and Mrs. Polashek is like a second mother to me," junior Chris Allen said.

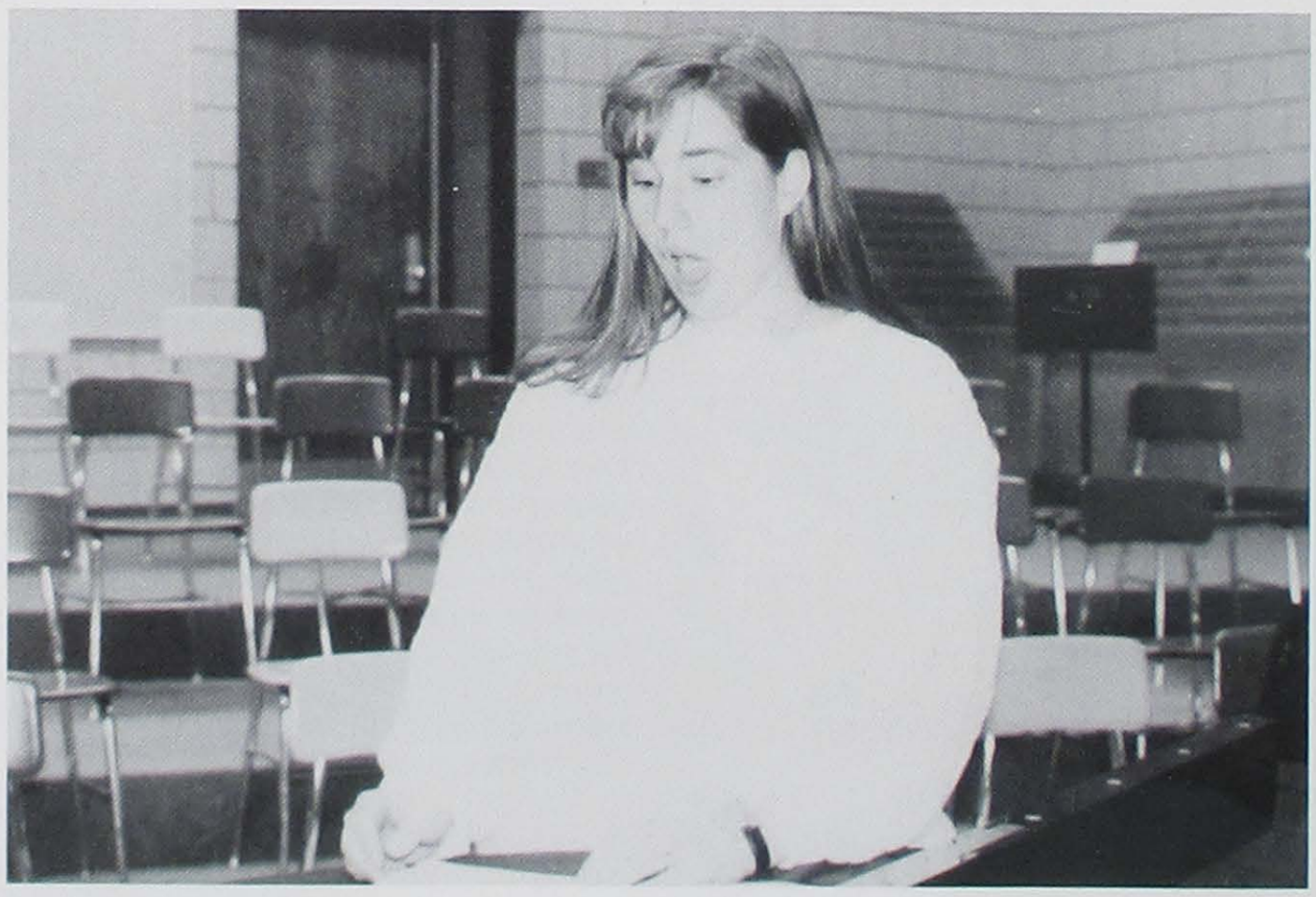
Other students wanted to take a class but their schedules would not allow it, so independent study was the only way to do it.

"I am only a sophomore and I couldn't fit German into my schedule so I get out of study hall a few times a week," sophomore Millie Dowling said.

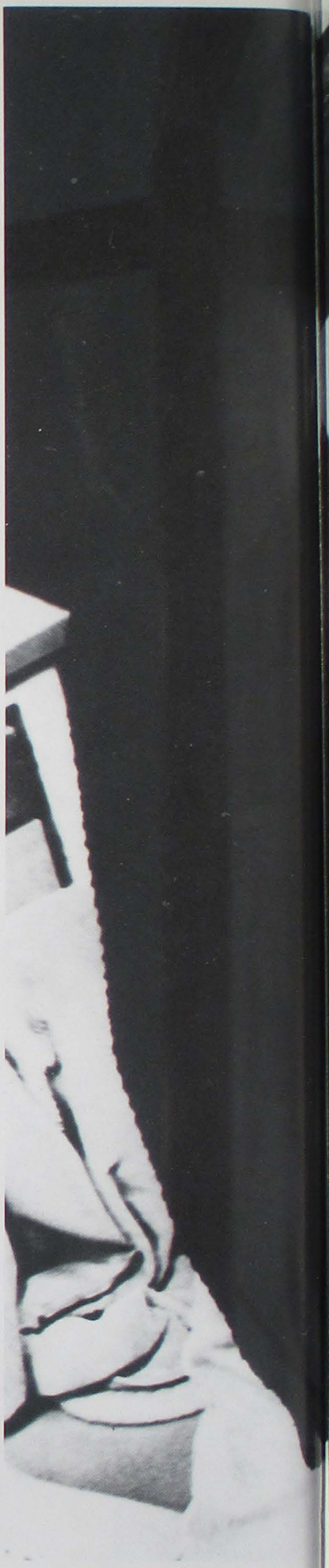
Other students discovered that independent study took a lot of pressure off of them while cramming for other classes.

"Music Theory was only offered independent study, but my schedule was too full also. I really wanted to take this class, and doing it independently is ideal for me," senior Jackie Zenor said. "I can set my own schedule, and therefore this class puts much less pressure on me. You do have to be careful to keep up with the work though, it builds up if you procrastinate."

So while most students sat through their classes everyday, counting tiles on the floor, others found independent study, which helped them learn everything they would in a regular class, but at their own pace in a stress-free, ideal environment.



Senior Jen Lathrop is sings during first period on Friday for choir director Mr. Linn. Lathrop had to take choir independent study because her schedule was too full to fit it in any other time. Very few students have taken choir independently, but since it was her senior year Lathrop decided to so she could continue her participation. (Photo by Alicia Ackerman)



Senior Natalie LeBrecht looks down at her finished photography project which was a photo of Liza Kindred. She sent it in to Scholastics to be judged. The photo did well, but did not win any awards. (Photo by Alicia Ackerman)





Junior Alicia Ackerman looks at some negatives she had just developed. She had to take yearbook independently because her eighth period Physics lab took up two days when everyone else was in yearbook class. (Photo by Sam Grotewold)

Senior Fawn Stubben works during a free period on putting a mat around her photography project. Taking art independent study was common among students since not many periods of the more advanced classes were available. (Photo by Alicia Ackerman)

By Melissa Harris

Getting in Good

Brownnosers helped make their classes exciting

Mike is a typical student. He is in all of the honors and AP classes, and has a 4.0. He does all of his work on time and participates actively in class. Though Mike does well in the classroom academically, he still brings his teachers the occasional apple to show them his appreciation.

Everyone had their own opinions of the best way to brownnose to their teachers. However, the seniors seemed to have it down to a science.

"I've found that the best way to brown nose is to present your teacher with an envelope filled with $1000 in fat green bills," senior Misi Emiola said. "It's a guaranteed "A" for the semester. And if that doesn't work, you can always bake cookies."

The less experienced underclassmen found inexpensive and less time consuming means of brownnosing. Many preferred to use flattery as their tactic.

"I compliment them on their outfit," freshman Rachel Best said. "I also tell them their hair looks nice, even if it doesn't."



"I don't have to brown nose, teachers just naturally love me" – junior Naila Meyers

Then there were those students who did not have a real plan of attack. They were just liked by their teachers for being themselves.

"I try to maintain a good impression," sophomore Andrew Yee said. "I do all my homework on time and participate in class discussions."

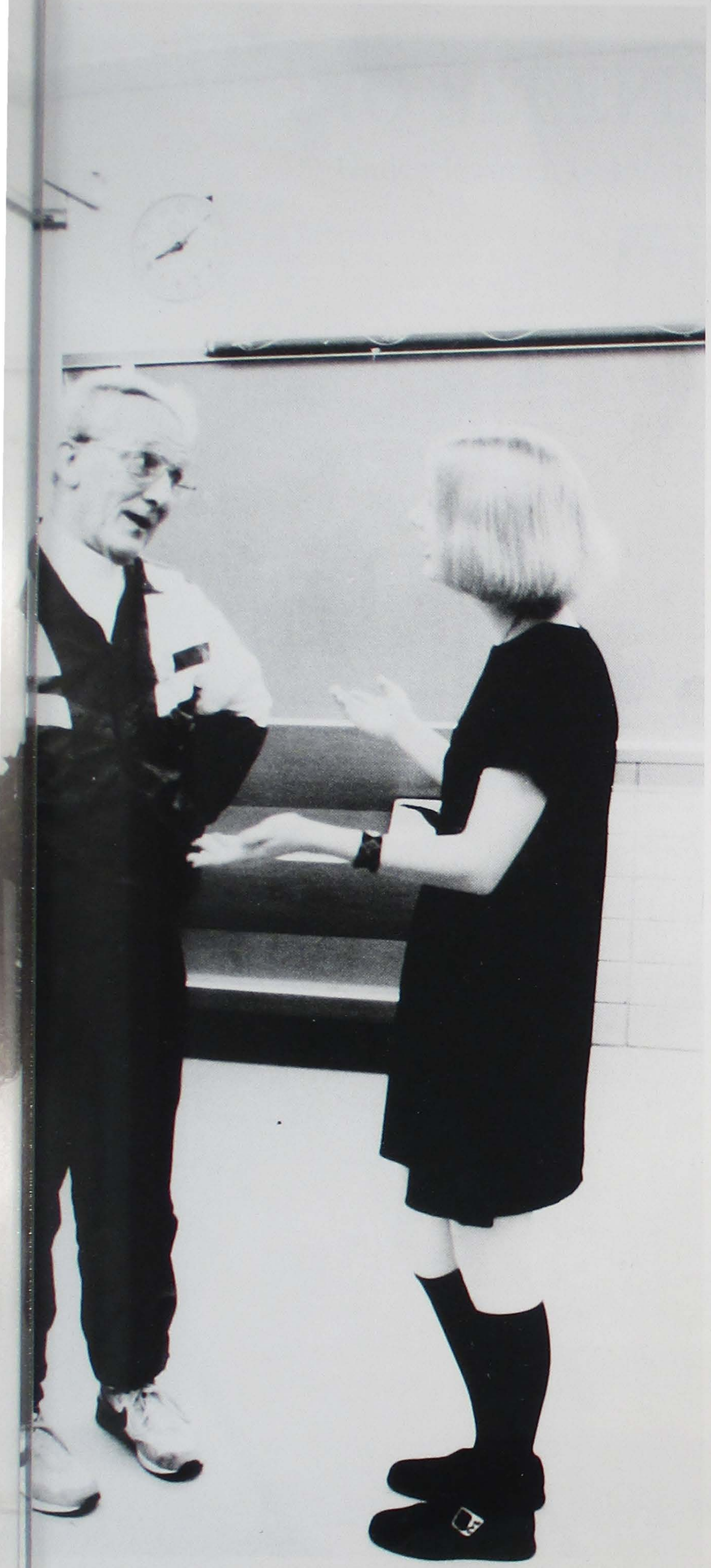
Some students felt that brownnosers were detrimental to the educational process. They thought that the brownnosers received preferential treatment and higher grades.

"I earn my grades," senior Mindy Cooper said. "I don't like brown nosers; they irritate me."

All brownnosers, whether seniors or freshmen, found what they felt was the method that worked best for getting in good with their teachers. Their methods worked well for them, and maybe they could work for others–one never knows!



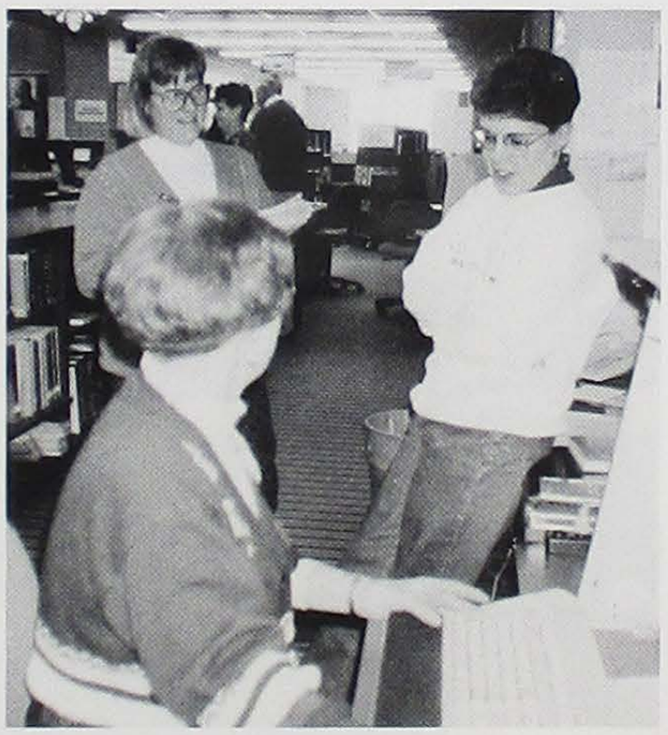
Senior Jenny Johnson (in gorilla costume) delivers a flower to German teacher Mrs. Carlson as part of a fundraiser the week of Homecoming . One of her students sent it to her as an attempt to get on her good side. (Photo by Alicia Ackerman)



Junior Sara Skahill and Social Science teacher Mr. Jorgenson argue a point before Sociology class starts. The class required students to form opinions about society and people. (Photo by Alicia Ackerman)



Senior Chad Stairs gives Business teacher Mr. Garmen thumbs up as a thank you for help with a printer problem. Earlier, the class had a laughing contest because, "Mr. Garmen has the most hilarious laugh," Stairs said. (Photo by Pam Hove)

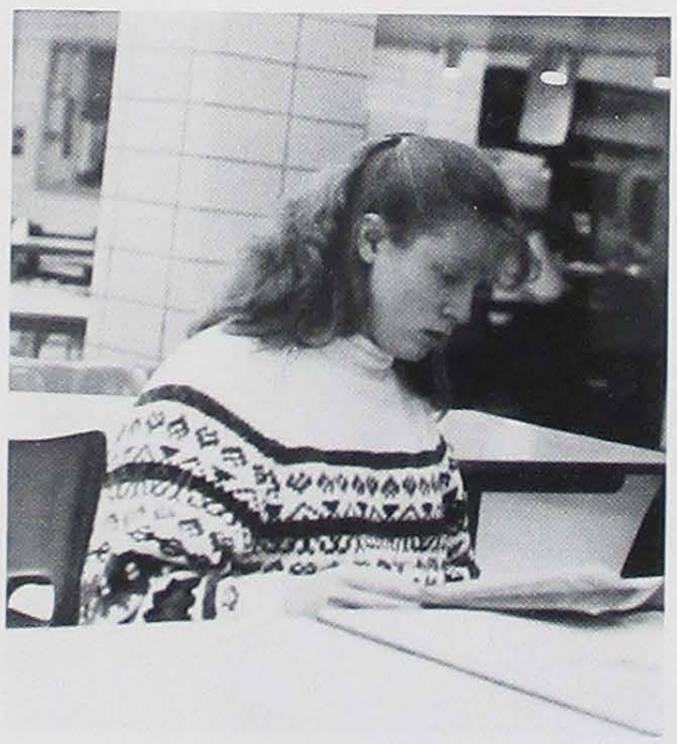


Senior Mindy Cooper complains to media specialists Mrs. Crawford and Mrs. Jacobson about the brownnosers in her classes. She did not like the preferential treatment they received. (Photo by Pam Hove)

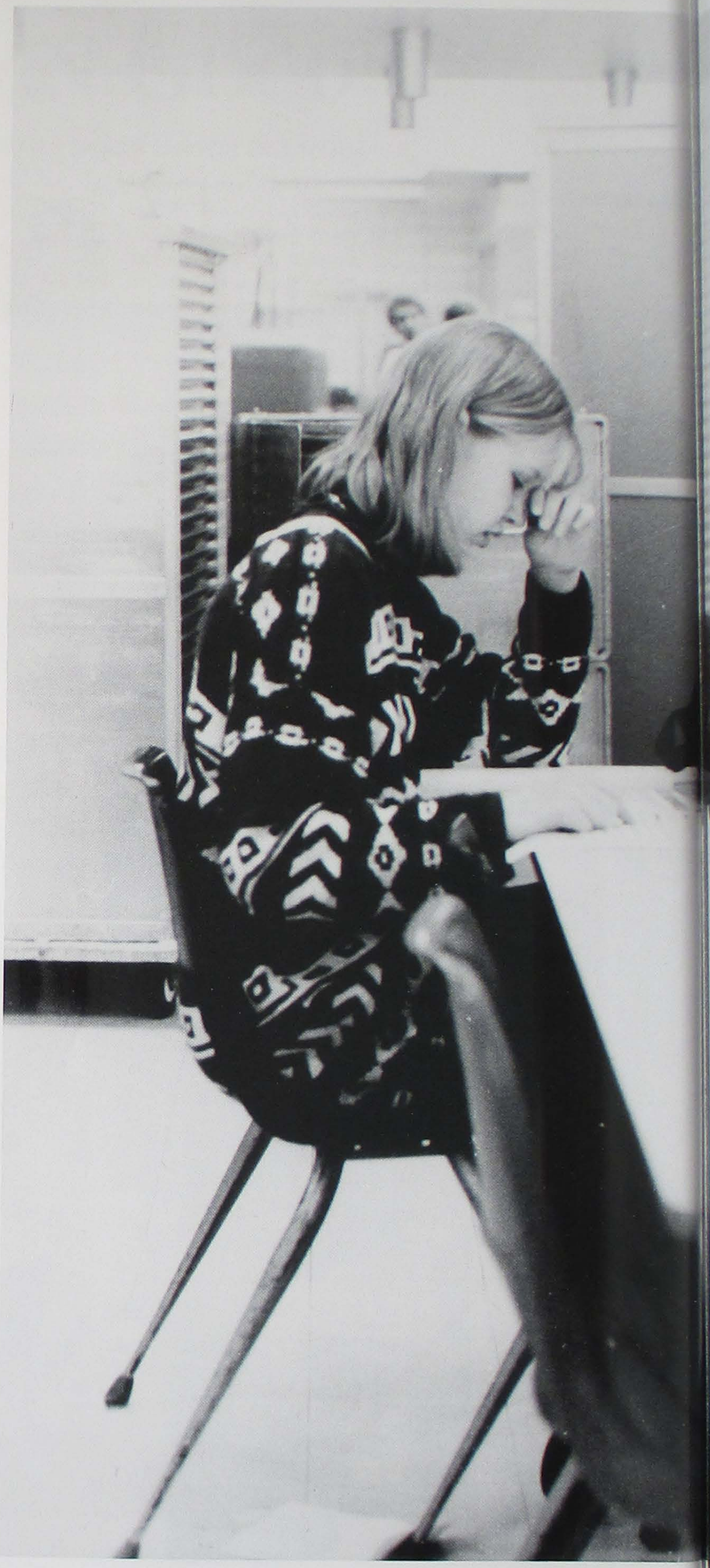
Freshman Thomas Downs takes time to talk to his friends during study hall. Most underclassman would rather talk to friends than study. (Photo by Kristi McConnell)

Elizabeth Kracher studies diligently on her homework during study hall. Students take advantage of study hall to get ahead on some last minute studying. (Photo by Kristi McConnell)





Sophomore Erica Riedesal takes time to look through one of her books during a study hall. Most sophomores say that only the freshman should have to sit in study hall. (Photo by Kristi McConnell)



By Jenny Whalen & Melissa Harris

NO SLEEPING HERE!

Underclassmen cope with life in the dungeon

Everyone in high school at one time has sat through a study hall. For most students it was not a pleasant or productive period. Freshmen and sophomores were the only ones required to have study hall.

"I get a lot accomplished but I know a lot of people who don't," said Sophomore Nicki Paulson. (Paulson has eight study halls week.) "It forces you to get your work done, but, if you are responsible, you really don't need it. I usually do my geometry or other homework."

Although many students found study hall useful in getting homework finished or used it as a time to relax with a book, not all students felt this way.

"I think it is a complete waste of time," said freshman Erin Rollenhagen. "I would rather be up at Co-op or out talking with my friends. ."

The seniors were allowed open campus during their would-be study halls and juniors were allowed free periods so they could socialize with their friends or work up in the Media Center. These were luxuries that the freshmen and sophomores had not yet experienced.



"I think it is a complete waste of time," - Freshman Erin Rollenhagen

"I think that study hall is way too restrictive. They don't let you do anything. You can't have a walkman and you have to do work all the time, and you get referred for falling asleep," said sophomore Shawn McCormick.

The students leaned towards both sides when it came to the usefullness of study hall, but the teachers all seemed to have come to a consensus.

"I would rather be supervising people during my free period in the art lab," said teacher Susie Petra. Ms.Petra watched over a study hall in room B-9 every seventh period first semester. "All of us teachers feel this way, we would like to have the same considerations as the Math and Science departments."

Whether study hall was loved or hated will never be decided but it is a permanent hassle for all freshman and sophomores.



By Jennifer Whalen

When Homework Stops

Students share secrets on how NOT to study

It's 12:00 Sunday night. It's been a great weekend, but with all the socializing, homework has been easily forgotten. The question is how will all the homework be done in time? Most students at one time or another have had assignments due that haven't been turned in on time, but this didn't mean anything. Most students at one time or another have procrastinated because they found something better to do.

" I procrastinate mostly on assignments or reports," junior Shirly Li said. "If they say you have and assignment due on Thursday, and it's Monday, then I'll wait until Wednesday night to do it."

Most of the time it's not that people didn't want to do homework it's that they found more amusing things to do with their time, such as hanging out with friends or sleeping.

" I procrastinate because I find better things to do," Senior Laura Bendig said. I just can't get fired up for homework that's not due yet."



"I procrastinate because I find better things to do"– Senior Laura Bendig

On the other hand it's not necessarily how much time the students had, it's how much they felt like putting into it.

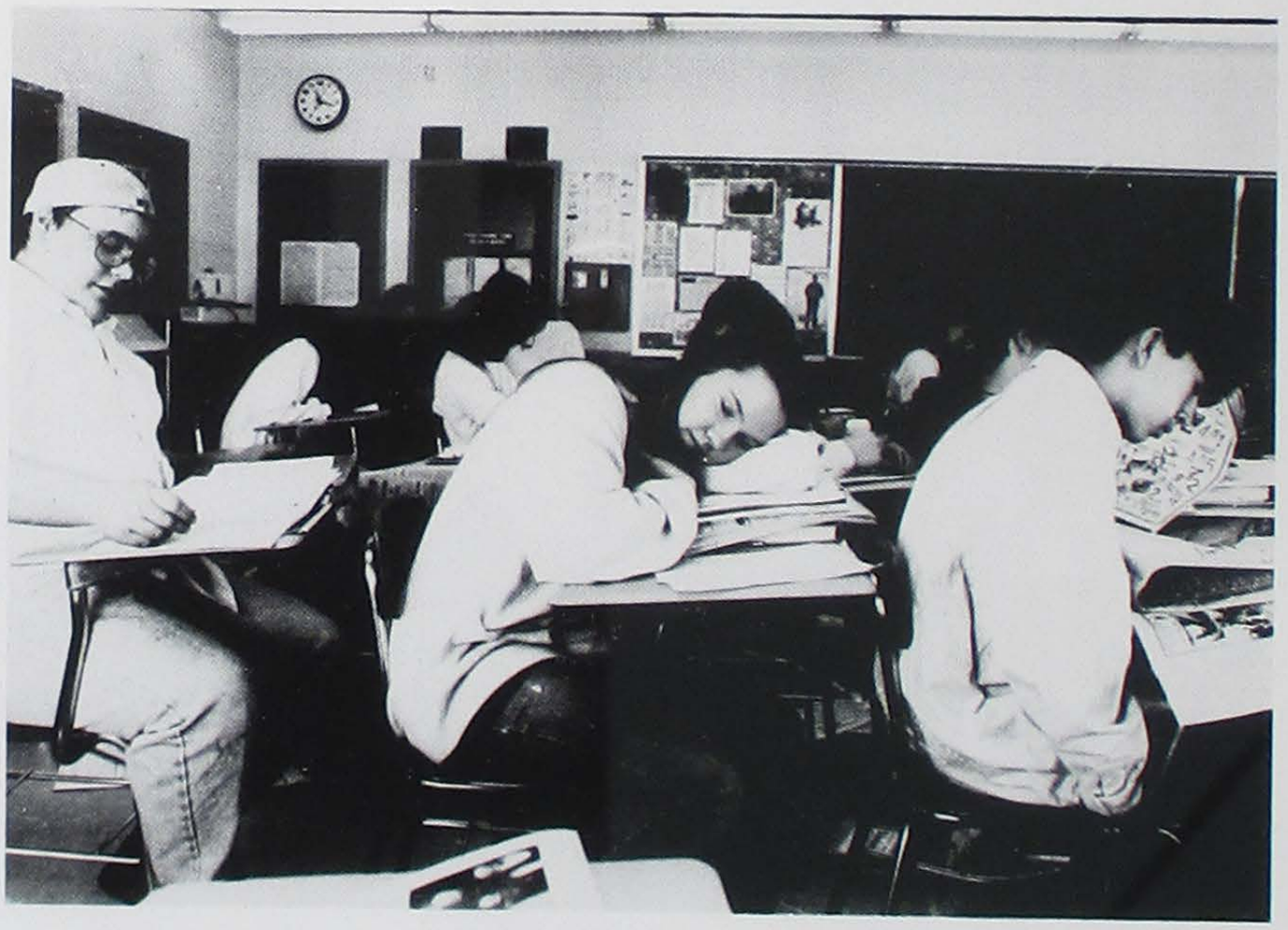
" I'm still working on Freshman homework," senior Matthew Mauk said.

Most students weren't quite that bad, but for some procrastination become a major problem.

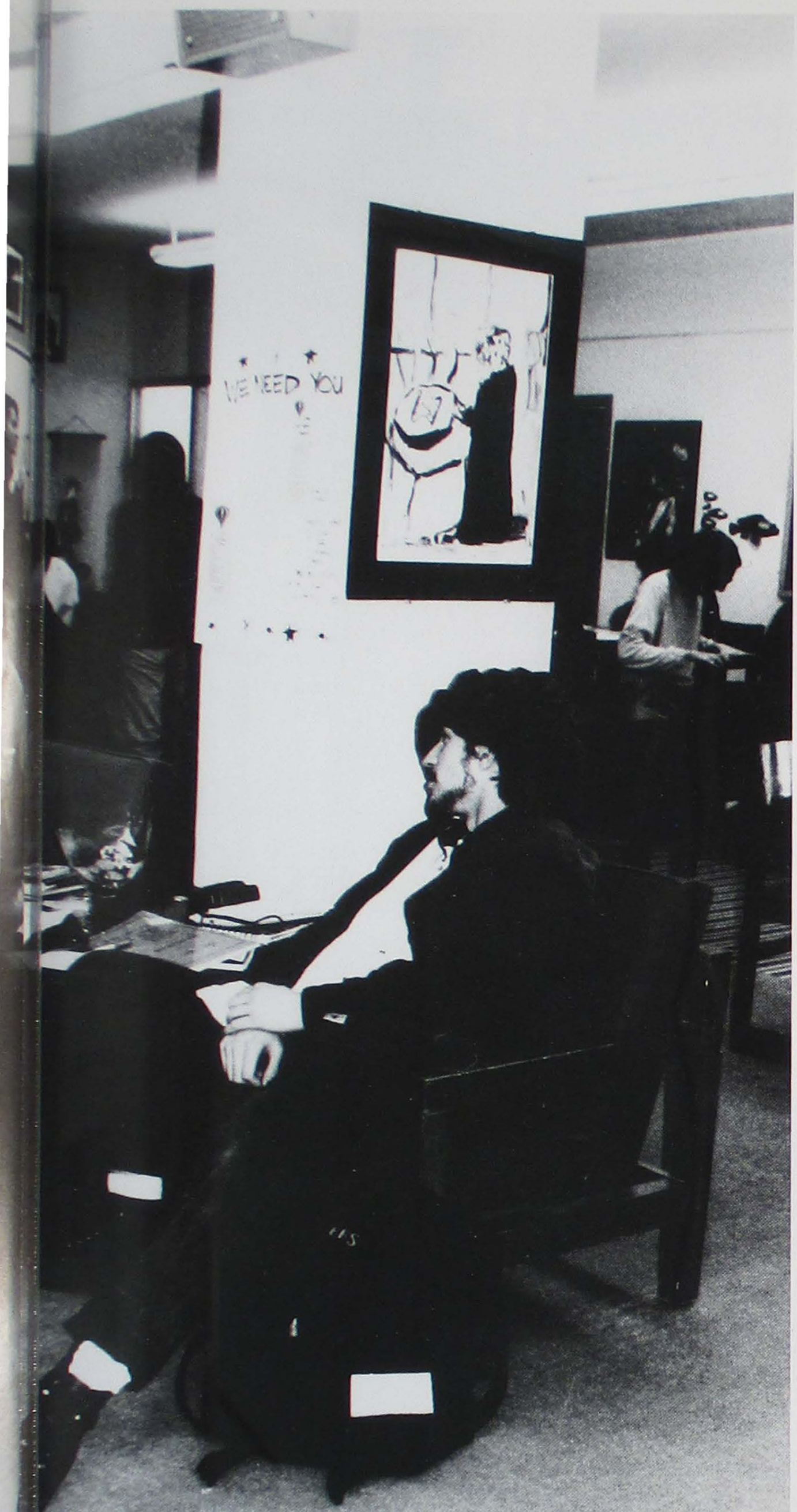
"One of my teachers gave us a project that was due in a month," said Vanessa Kuo. "I didn't start on it till the night before!

Procrastination can be a very tough obstacle to overcome. So for future reference, don't let things pile up to much and be sure not to let things get to far behind because if you do you could find yourself in serious trouble!





Some classes seem to drag on for ever. Junior Cassie Clyde decides to sleep while Brian Dane and Steven Chang also juniors try to finish there work. (Photo by Alicia Ackerman.)



Sophomore Frank Trumpy and junior Dion Harmon found that talking during a free period was a lot more entertaining than studying. Lots of students spend there free time talking with friends and goofing off instead of spending it by doing homework or studying for tests. (Photos by Alicia Ackerman)

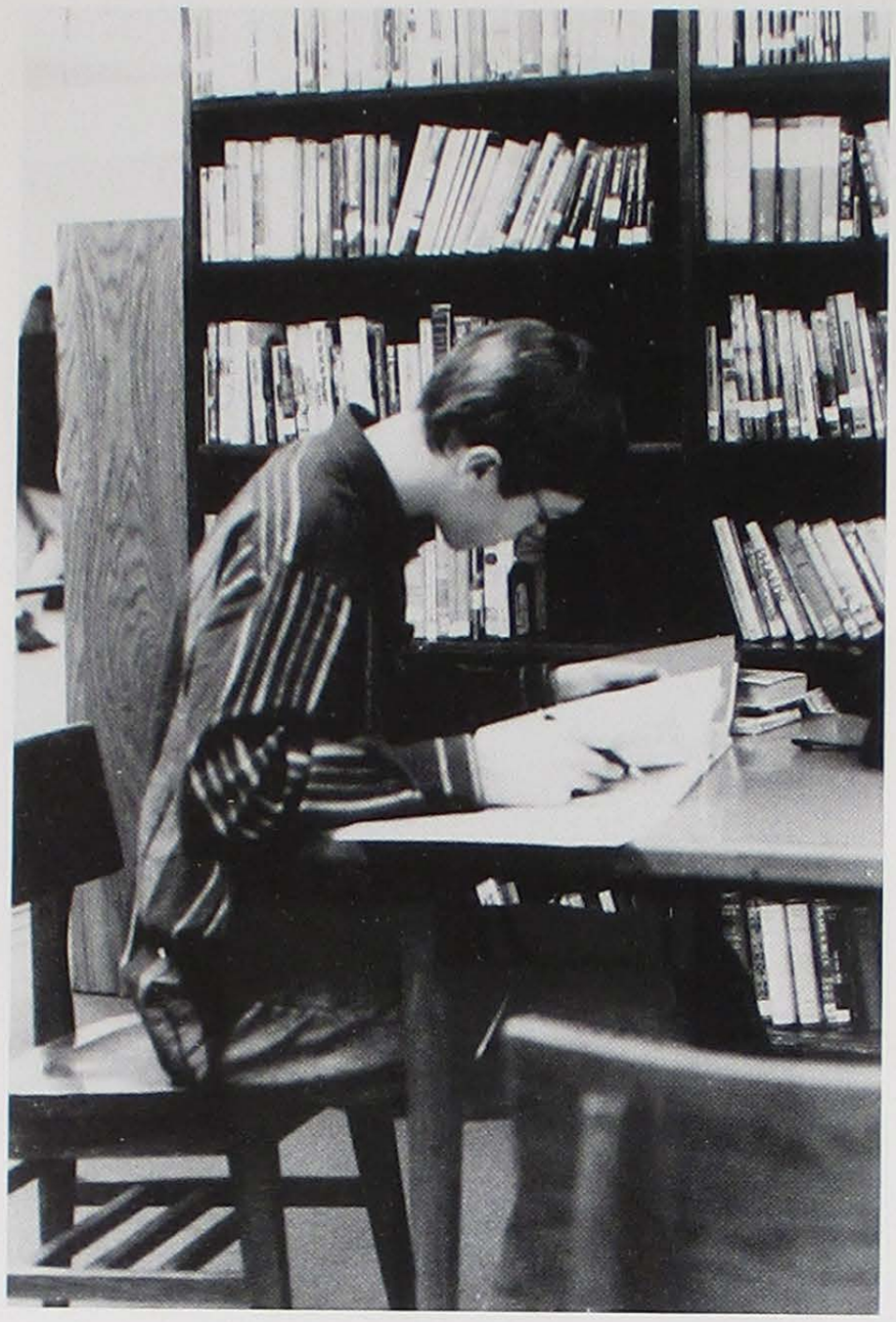
Senior Seth Taylor decided that drawing pictures on the chalkboard was more entertaining than studying. Most students at one time or another found it hard to keep their minds on studying when they could be doing other things.





Instead of studying, juniors Abdul Nuhu, Bill Pendry, and Laurie Anderson decided to play a friendly game of chess during a free peroid in the lobby. The lobby is always a popular place for students to hang out during the day. (Photo by Alicia Ackerman)

Sophomore Alan Hertz studies for Honors History during a study hall in the library. Many freshmen and sophomore chose to get a pass to the Media Center where is was easier to study. (Photo by Kristi McConnell)



Junior Carolyn David works on a temperature lab during Physics class. Completing labs was a large part of a student's grade. (Photo by Alicia Ackerman)



Juniors Stephanie Brennan and Steven Chang work on a Trigonometry project during a free period. Each pair of students was assigned two story problems. One was to be presented to the class, and one was handed in. (Photo by Alicia Ackerman)



By Robyn Epstein

Making the Grade

Students realized the effects of grades on their lives

When the end of the semester rolled around and grade sheets were passed out, students didn't realize that one small rectangular sheet of paper had such a big impact on their lives.

"Grades are definitely important to me," junior Michelle Hunziker said. "They help me to continue on with my life."

Grades were not just important to the student, they were also important to the student's parents.

"My grades are pretty significant to my parents," freshman Dan Braun said. "They want to see that I'm doing well and that I'm learning something in school."

If some parents believed that their child's hard work was truly outstanding, they rewarded them for it. But not only with something of material value.

"My reward is that I get to live in the house, get fed, and of course, receive verbal encouragement!" Hunziker said.

"Unfortunately I don't receive anything material for my grades," sophomore Anthony Hartman said. "Just knowing that my parents are proud of me for doing my best is enough of a reward."



"My reward is I get to live in the house and get fed!" –junior Michelle Hunziker

On the down side, sometimes students didn't do as well as they had hoped.

"If I get a bad grade, it only affects me a little," Hartman said. "I just tell myself to try harder the next time."

One student had good advice for all four grades levels when it came to what colleges looked for.

"The most important grades are all throughout your high school career," senior Kristy Jones said. "Colleges look at all of your grades. I wish I was more concerned when I was a freshman, because my transcripts don't look that great right now for colleges."

Despite the pressure earning a good grade created, students understood that how they performed in high school determined their future.



Sophomores Amy Swank and Jennifer Sargent wait in line while sophomore Erin Naeve searches through a pile of PLAN booklets to find her own. Any sophomore who took PLAN was invited to an explanation of what their results meant. (Photo by Alicia Ackerman)

By Daniel Gardner

Higher Learning

College preparation awakened the class of '95

Does it ever end? This is the question many students asked themselves when they began preparing for college. Loads of brochures, phone calls, and even occasional visits and overnight stays were all part of preparing to take the step out of high school and onto higher learning.

Upon completing PSATs, colleges become aware of your potential as a student. Scores are sent around, and within weeks, there are piles upon piles of mail from schools all interested in securing you as a student.

"I prepared really early, and got through with all my applications and visits before Thanksgiving break, because my older friends told me not to procrastinate," senior Joyce Ng said. "Since I did that, I feel I'm all ready to go now, and I can't wait."

There were many steps to finding just the right place to go, and that made the process even more complicated.

"When I looked through schools I checked out the reputation of its programs, how difficult it was to get in, the quality of students, and the success of graduates," senior Matt Robinson said. "Now I really look forward to going where I've chosen and I see it as a chance to exceed at whatever level I choose to."



"When you're on your own, you get to determine how far you go." – senior Joe Levine.

Along with the many tasks involved with finding and applying to a school, it was always important to look at possible scholarships that could help pay for one's education

"I went to the library for hours looking through books of scholarship descriptions, spent lots of time in student services, acquired several letters of recommendation from teachers, and had a lot of help from my mom in looking for scholarships," senior Kristina Sassman said. "It takes a lot of time away from homework and sleep, but eventually it'll pay off."

After all the forms had been completed and sent in the rest of the year could be enjoyed. But the preparation had left the thoughts of college life being just months away in the minds of all those who were ready to move on.

"I'm ready to move on, but I know when I get out there that reality is pretty scary because you have to be responsible for all your actions," senior Joe Levine said. "But when you're on your own, you get to determine how far you go."



Attentively listening to the presentation of an art school representative, art students from all areas of design have to consider many things when they pick the school they will continue their education at. Many art schools sent representatives throughout the year to Ames High to attract the interest of budding artists. (Photo by Alicia Ackerman)

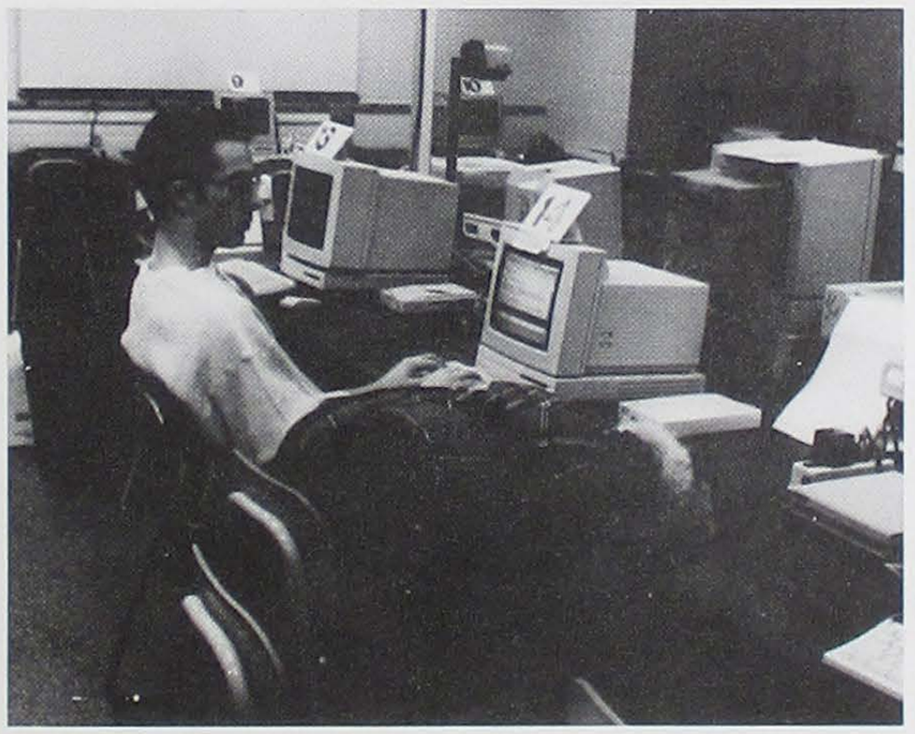




It's all just an act! Although senior Emily Nelson appears calm as she looks through booklets of college descriptions, she truly knew the time consuming pressures that finding the right school imposes on a high school senior. (Photo by Alicia Ackerman.)

For some art students, assembling their final portfolios often takes even more thought and creativity than creating some of the works. Senior Tami Shinar reviewed piece after piece of her work until she was able to make a complete assortment of her best and most diverse works. (Photo by Alicia Ackerman.)



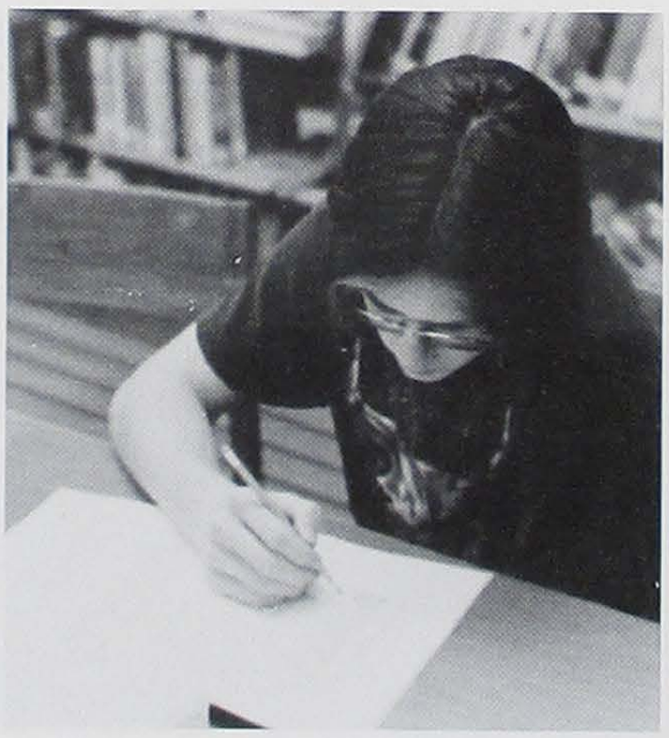


Graduating early may sound like a very nice option, but senior Justin Readhead discovered college prep becomes even more complicated when everything has to be done in one semester. He often worked on the ISU Internet to look through the many benefits that colleges offered to incoming freshman. (Photo by Alicia Ackerman.)

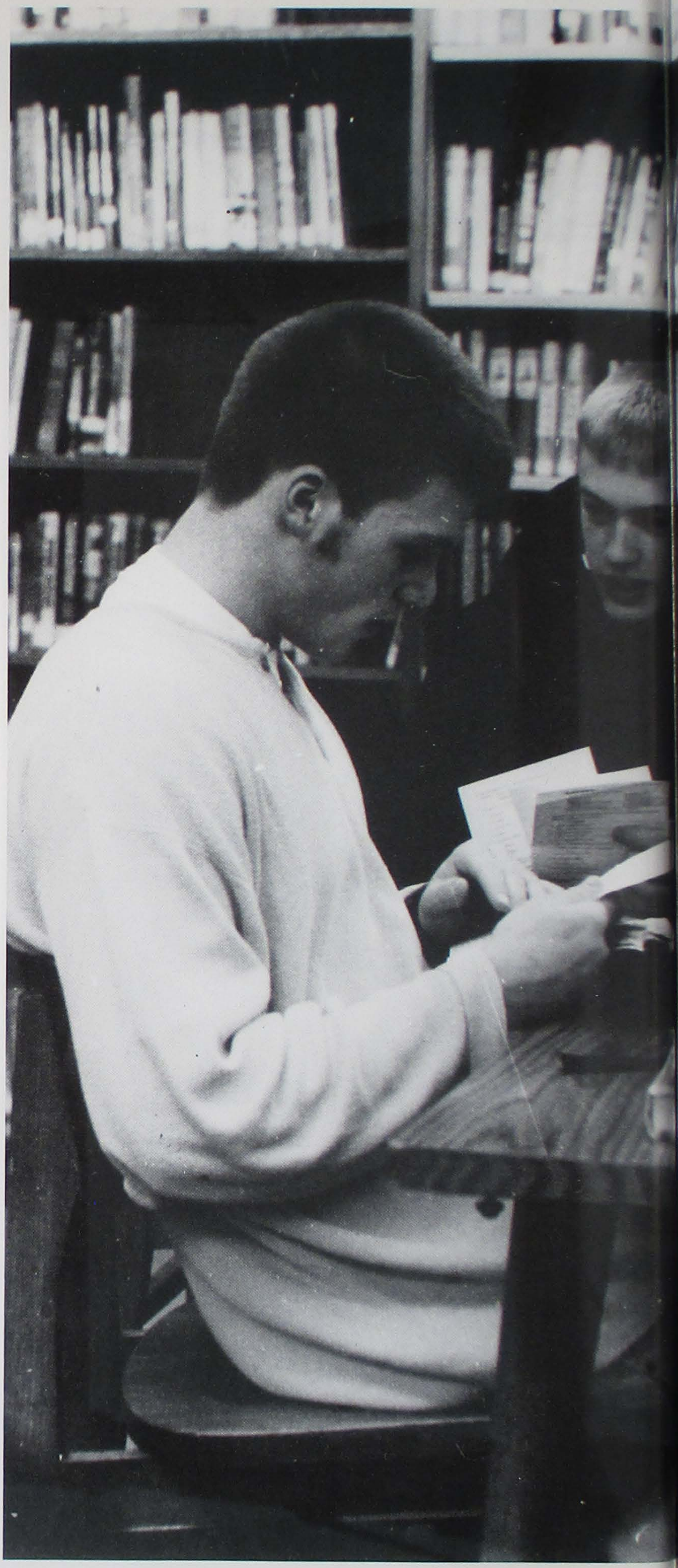
Taking notes in class, Senior Jenny Bennet has an advantage on being prepared for a test. Students eliminated extra work by paying attention in class. (Photo by Jason Rearick)



Sophmores Jon Crawford and Jake Hanson spend their study hall in the "passes only" section. This was common for underclassmen. (Photo by Kristi McConnell)



Like many upperclassmen, junior Robbie Patterson takes advantage of a free period and studies in the Media Center. (Photo by Jason Rearick)





By Collette Best

Successful Learning

Students had creative methods to keep them above the rest

In order to graduate from high school, everyone has to do a little bit of homework. While some chose to copy their classmates work just to pass the class, others actually studied and did the work themselves. Whether it was forced or not, studying was a necessity.

A big reason to study for a lot of students was for money. Many parents wanted their kids to do well so they would pay them as a reward for getting good grades.

"I study so I do good and get money from my parents," freshman Jessi Larson said.

Paying attention in class and taking notes helped students who didn't have time outside of school to study. Students chose to use class as a "study hall" and used the time in one class to do homework for other classes.

"I never study at home. If I ever study for tests at all, it is the period before," junior Jeff Fisher said. "I just listen really well in class and I participate a lot, so I do just fine on tests."



"If I ever study for tests at all, it's the period before"– junior Jeff Fisher

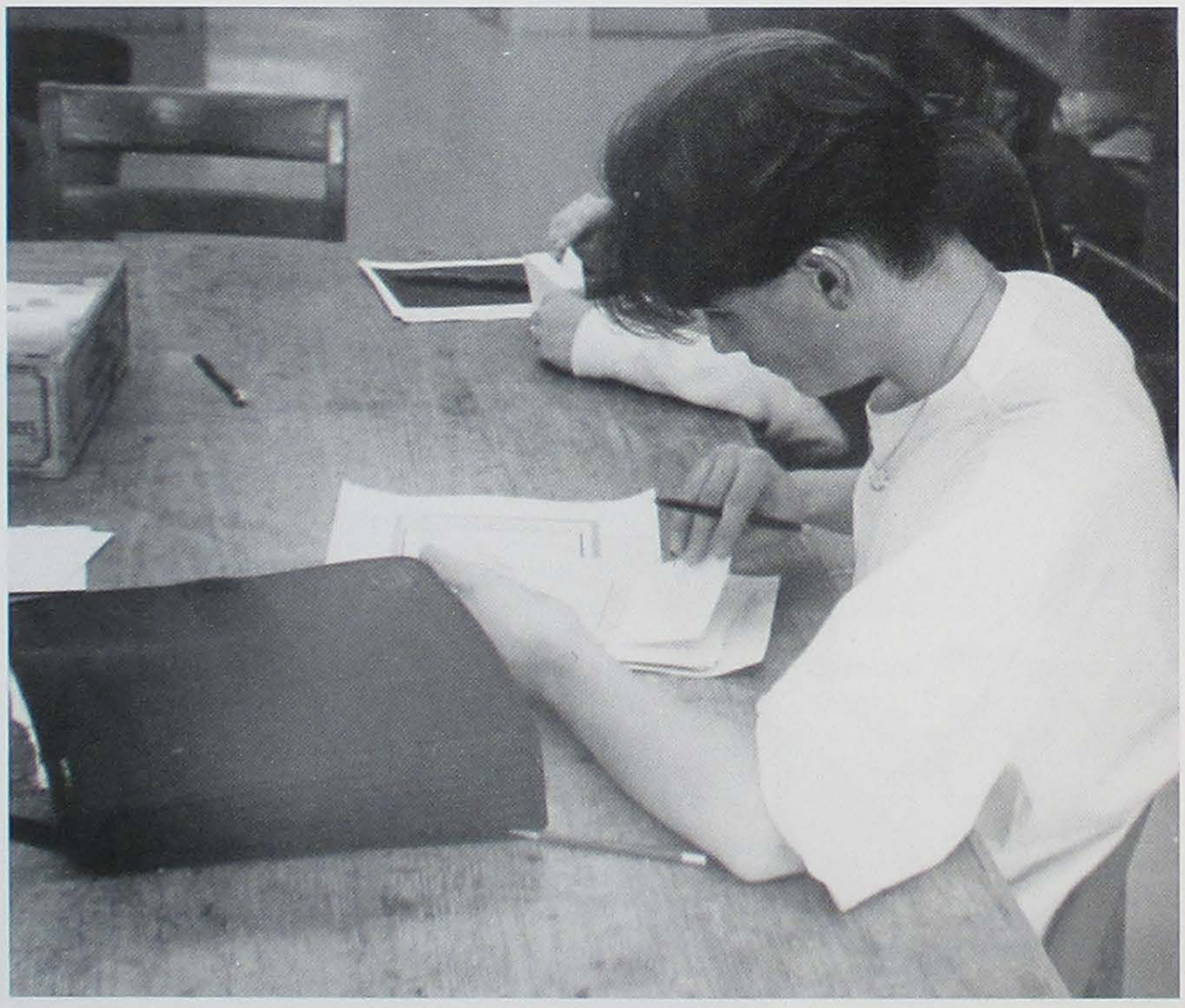
Frequently there were students with good intentions to study and do homework but didn't. Many students took their books home and just left them in the car.

"I really would like to start doing my homework sometime," senior Charli Engelhorn said. "But, what can I do? There's so many good shows on TV."

There were also students who wanted to study for themselves. They were interested in what they were learning in school, so studying these particular subjects wasn't a hassle.

"Most of the time I can get by without studying," sophomore Dan Gilloon said. "When I do study, I study to get good grades, to please my parents and to better my knowledge in all subjects."

Students had various ways of studying, and whatever the reason, students realized that studying was a necessity.



Using class time wisely, junior Sam Grotewold works on his homework. This is a way many students kept from bring their books home to study. (Photo by Jason Rearick)

By Shannon Kenealy

Choosing Favorites

Students look forward to class time at AHS

The music comes on. For once, you're actually in your seat on time. You're relaxed and eager for class to start. This is not a scene from the Twilight Zone--but a fairly common occurence at AHS. Many students anticipated going to class.

Some students enjoyed a particular class because of the subject matter.

"My favorite class is English because there is no single answer to a question," sopohomore Travis Nichols said. "You have to express what you mean rather than spit out an answer."

Other students enjoyed a specific class because of the teacher.

"World Studies is my favorite class because of my teacher, Mr. Uetz," freshman Tricia Dau said. "I like his personality. He has a way of making us enjoy what we learn."



"My favorite class is English because there is no single answer to a question." --Soph. Travis Nichols

Even student's least favorite classes had some positive points.

"English is not one of my favorite classes because I don't like writing tons of pages on stuff I don't like," junior Brian Dane said. "But I don't really reading."

Some students had a favorite class because it taught them something that made class interesting and worthwhile.

"My favorite class in high school was Honors American Literature," senior Emily Bourne said. "I enjoyed what we studied, and learned things I'll definitely need to use in the future."

The bell rings. You reluctantly gather up your books. Class was fun today and you leave feeling enthused. You enjoyed learning today.



Mrs. Smith's Spanish II students Sara Skahill, Ryan Haynes, and Karena Cruse play Twister using new vocabulary during a class party. Foreign language students enjoyed celebrating las fiestas, les boomes, and et ichlichs using what they learned in class. (Photo by Alicia Ackerman)

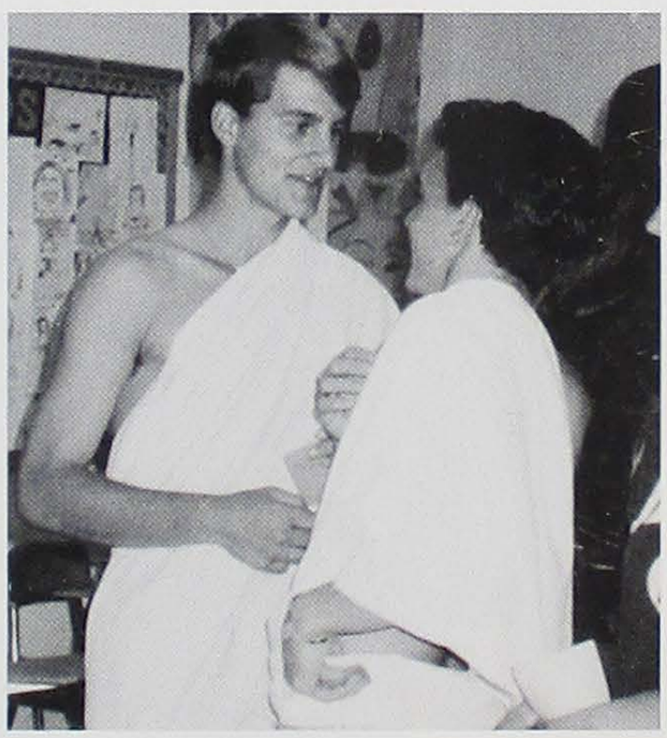




Trigonometry teacher Judy Brunner explains a real-life problem using math to her class. Students appreciated the efforts of teachers to incorporate what they taught in class into real-life situations. (Photo by Alicia Ackerman)



Senior Tammy Clark repells invertedly during an optional P.E. class. The local Army R.O.T.C. assisted Ames High with the annual activity. (Photo by Alicia Ackerman)

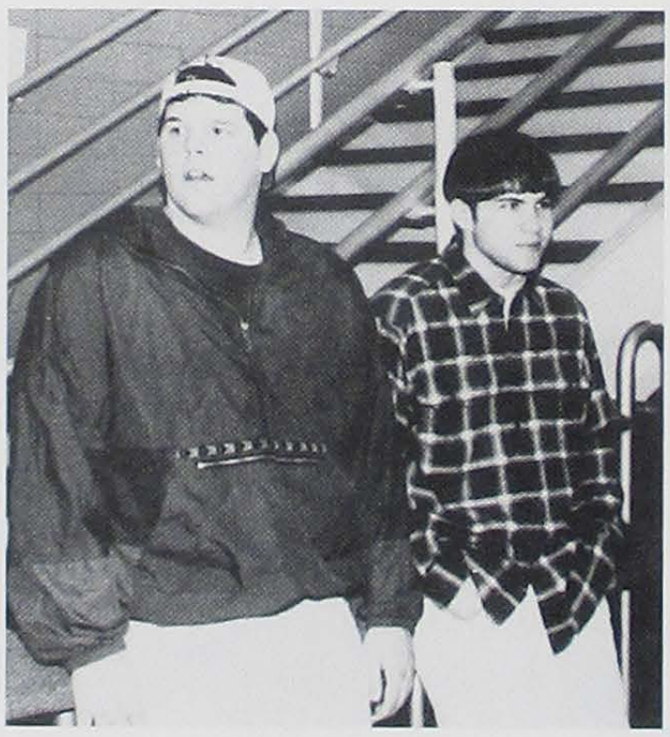


Seniors Peter Shupp and Dan Gardner sport fashions from other countries (in this case, togas) while learning how to address a king or queen in a foreign language. Teachers constantly seeked ways to make learning a fun experience for students. (Photo courtesy of Lisa Biggs)

Tired of school and ready to go, senior Carey Wagner desperately hangs out of a second story window, searching for an escape route. Senioritis seemed to make the last few days of school stretch into decades. (Photo by Alicia Ackerman)

After one last glance behind them, seniors Meredith Richardson and Charli Engelhorn prepare to make a break for it. Students suffering from senioritis often invented all kinds of excuses to leave the campus. (Photo by Alicia Ackerman)





Surveying student life from their position on the Senior Rail, seniors Todd Swan and Devon Keply attempt to get rid of some idle time. Students with many free periods found life a little more relaxed and even a bit slow. (Photo by Alicia Ackerman)



By Misi Emiola

COUNTING DOWN

As weeks crawled by, seniors found it hard to focus.

34, 33, 32, 31 . . . . The last stretch of the senior year approached quickly, but for those suffering from the terminal and cureless disease of senioritis, it couldn't come any faster.

"I need help. . . my name is Niki, and I have senioritis. I try to work but my body won't let me," senior Niki Fisher said. "I don't pay attention in class. I don't do homework. It's horrible!!"

These sentiments were echoed by many other seniors unable to escape the contagious disease.

"Senioritis hit me at the beginning of the year," senior Jackie Zenor said. "With graduation so close, it's overtaken me. I've stopped counting days and started counting hours."

A common problem seniors often suffered from wasn't whether or not to do homework, but rather what to do with the spare time.

"On weeknights, my friends and I play cards instead of doing homework," senior Mark Sedgewick said. "I'm sure it's negative because college will be much harder, but after you've been accepted, you just don't care. Maybe I'll just forget about college and become a dealer at Meskwaki Bingo."



"I've stopped counting days and started counting hours." –senior Jackie Zenor

Thinking about the future caused some seniors to realize that they needed to concentrate and ignore the temptation to slack off.

"I admit I have a little senioritis," senior Mark Hatfield said. "But then I think about my grades and what my parents will do to me if my grades suck."

Even though the end of the year was inevitable, some seniors decided that senioritis wasn't enough to make them want to leave.

"I don't have any senioritis," senior Jason Wray said. "I only want Pre-Calculus and Chemistry to end, but nothing else."

Positive or negative, the effects of senioritis were felt by most of the senior class. Senioritis taught students how to balance between slacking off and getting class requirements done.



Choking senior John Ellmaker in frustration, senior Adam Wentworth rids himself of pent-up stress. Some seniors felt that being in school with senioritis was too great a burden to endure. (Photo by Alicia Ackerman)



Dedicated to protectin the environment, sopho more Rebecca Glat seperates white pape from other types of pape A member of 100th Gree Butterfly, Glatz commit ted several hours weekl to keep the school in th recycling mode. (Phot by Kristi McConnell)

ORGANIZATIONS SHUFFLED INTERESTS

Both Mock trial teams placed when they went to state. The teams placed 7th and 14th out of 156 teams.

Two new clubs graced the hall of AHS this year: Twister Club and Revival. Twister Club, founded by junior Chris Allen, met Wednesday afternoons in the cafeteria to help students ace their skills at the game. Revival, which met on Friday mornings, focused on sharing faith and reaching out to other students.

Members of Marching band met at Duff Park at two a.m. during homecoming week to serenade Band instructors Mr Gartz, assist.Mrs. Hall and Mr. Anderson as well as Principal Achter at their homes. This annual band tradition left neighbors awake and Donutland, where band members flocked to after playing, in business.

The windy city played host to choir as well as A.P. Western Civ. classes during second semester. The choir sang in Chicago during a four day tour in April and Western Civ. visited the Art Institute Gallery there in January.

During green week 100th Green Butterfly recycled eight lawn sized garbage bags of white and newspaper.

The *Spirit* received a new advisor.

FREE your mind and others

Amnesty International and the Human Relations Commitee work to solve world problems

By Daniel Gardner

A dedication to making the world a better place for others. It's a noble cause, though one which seems to be forgotten. Yet, a small faction at Ames High still give their time and effort to doing just this. The Human Relations Committee and Amnesty International group actively worked to liberate those oppressed and misunderstood in the world.

"Amnesty works on behalf of tortured prisoners of conscience; those individuals who are held simply because they have spoken their beliefs," said faculty advisor Kirk Daddow. "We write letters to shed light on our knowledge of the inhumane treatment of these prisoners. Letters can and do make a bigger difference than any government agency stepping in."

Amnesty International drew a larger following this year than in past years. Along with more involvement came more success.

"Participation is still limited due to many people being uneducated about what the real purpose of Amnesty is, but we did have more people get actively involved this year," said senior student leader Dabrushka Slomka. "People don't come to it for a social function, they come to write letters and support the cause. There is a real sense of activism at every meeting."

While some students met to help those around the world, another group gathered to take care of the concerns of their peers—this group was the Human Relations Committee. The H.R.C. exists to mediate and solve students' problems in association with a team of faculty members. They addressed issues from religion, to race, to sexual harassment.

"We try to provide variety and help people understand and accept diversity. In an ideal world this committee wouldn't even be needed, but this isn't an ideal world," said senior Elizabeth Heideman. "This year we've worked heavily with the AIDS quilt, but our biggest effort was the Martin Luther King, Jr. assembly."

Much time and preparation was put into the MLK assembly this year, and the H.R.C. got a lot of positive feedback from both the students and the community.

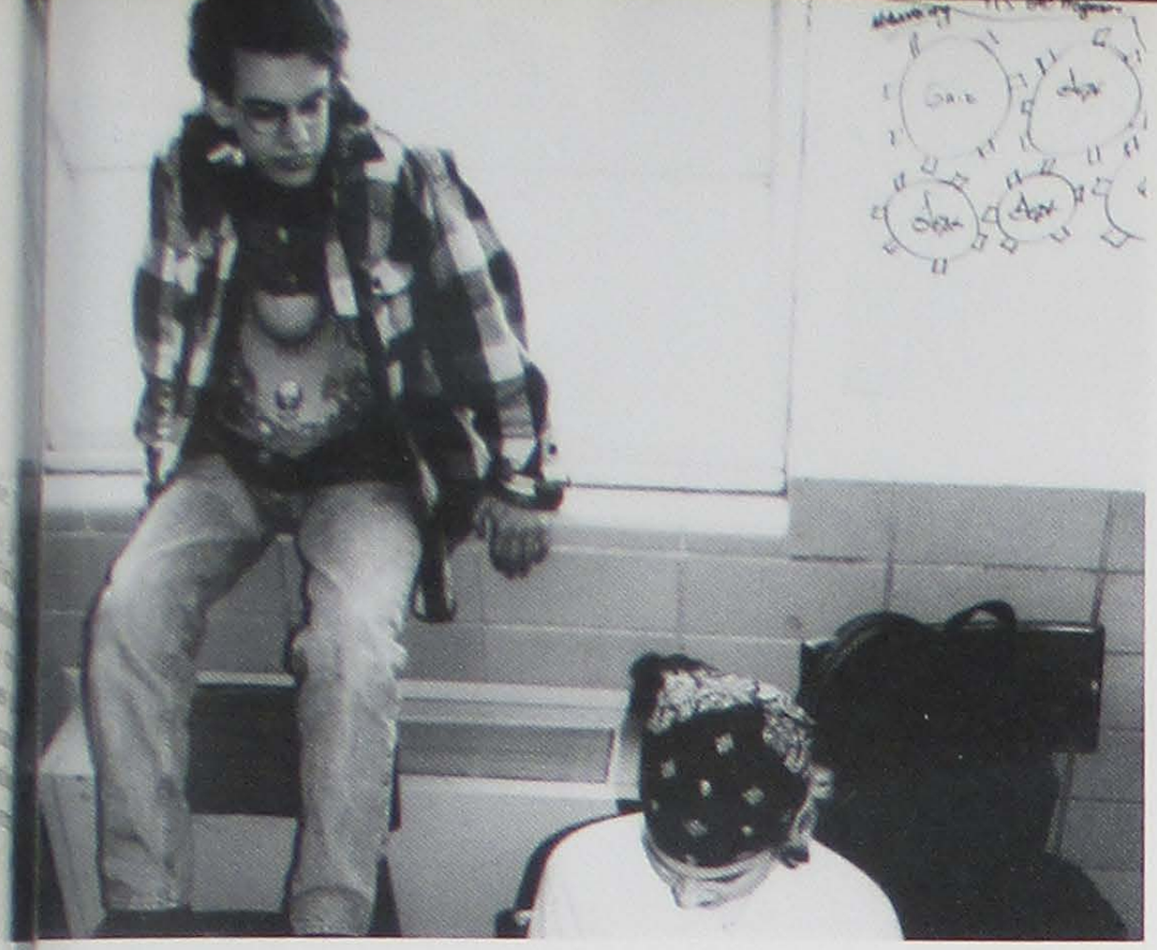
"This was definitely the most successful assembly in years. The standing ovations during the program and the letters of thank-you were great," said junior Amalia Smith. "The energy and charisma of the whole show definitely left a lasting impression on our school."

Intensely preparing for the Ma... Luther King, Jr. Assembly, jun... Palanda Bronlow, Thulitha Wickar... and Amalia Smith, and senior ... Liao make final plans for the cele... tion. The MLK Assembly was pu... in cooperation with the Human R... tions Committee, an organization ... tries to capitalize on the diversit... our school. (Photo by Al... Ackeman).

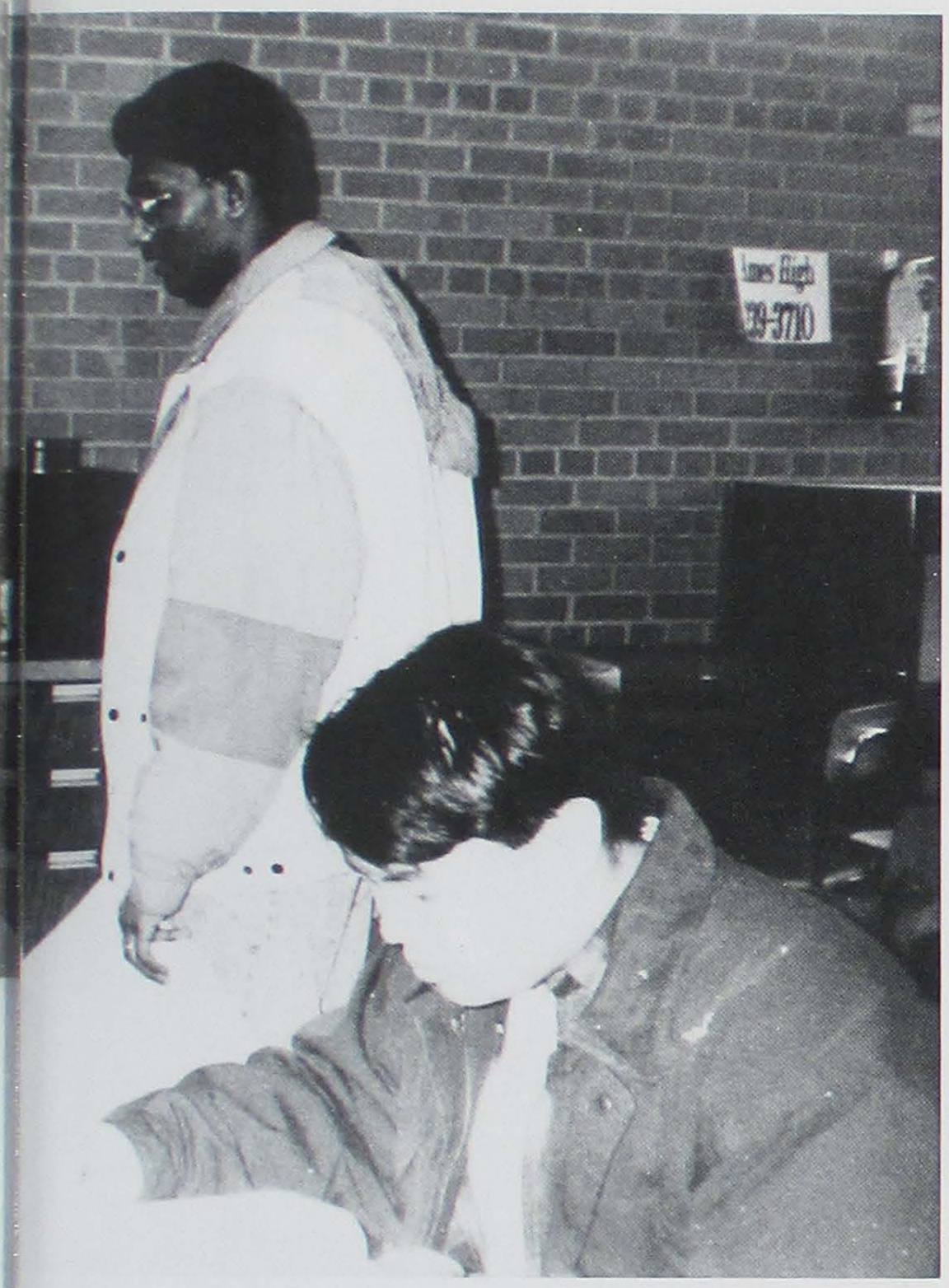


Senior Misi Emiola plays the part of the book-smart African-American in the Martin Luther King, Jr. assembly. Everything from skits, to songs, to poetry gave this year's MLK a special feeling that left a lasting message. (Photo by Alicia Ackerman).





Discussing and taking notes on plans of attack to free prisoners of conscience around the world, sophomore Ben Nolan and senior Aprille Clarke sit in on an Amnesty International board meeting. Amnesty International has gained a larger student coalition each year, and the results of this year's group have been tremendous in comparison to many other years. (Photo by Alicia Ackerman).





Human Relations Committee. Adria Booth, advisor Reggie Greenlaw, Devashis Roy, Louise Rothschild, Elizabeth Heideman, Litlle Shinar, Amalia Smith, Ruby Hsu, Beth Furr, Sonya Panigrahy, Palanda Bronlow. (Photo by Alicia Ackerman).



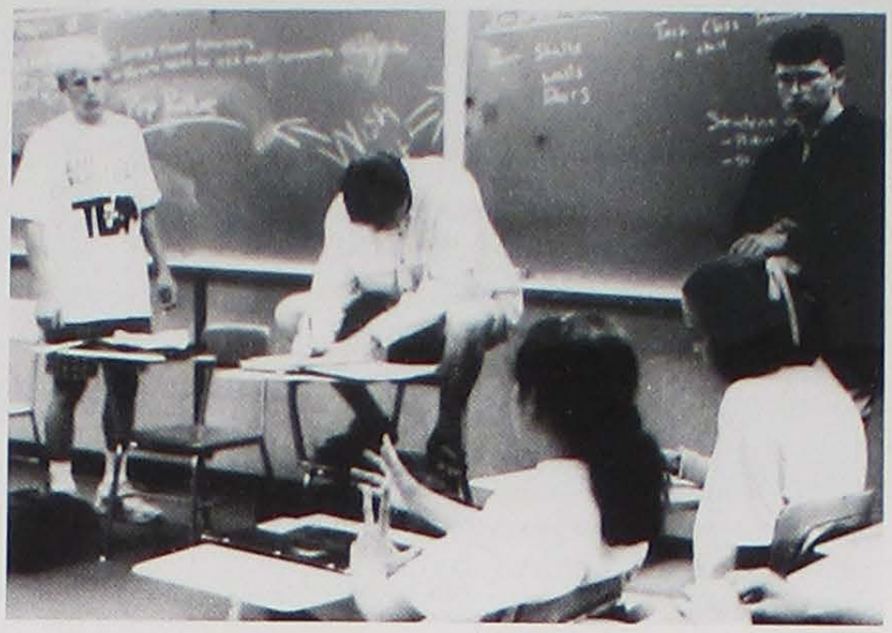
Amnesty International. Debra Peterson, Eilene Heideman, Brittany Parks, Jackie Zenor, Lori Hunger, Jenny Anderson, Sarah Teas, Sara Weitzel, Aprille Clarke, Elaine Serfass, Kesone Phimasonne, Elizabeth Heideman, Paul Lueth. Not pictured. Shannon Kenealy. (Photo by Alicia Ackerman).



Another big project the Council accomplishedwas putting up a series of dry-erase boards as a student activities calander in the lobby. Here, senior David Millen varnishes the frame for the calander. (Photo by Emily Bourne)



Senior co-presidents Dave Sosnouski and Matthew Robinson lead a discussion in which they composed a "wish list" of all the things the council would try to accomplish in the school year. (Photo by Alicia Ackerman)



At one of the many meetings student council held every Wednesday morning at 8:00, students from each grade discussed concerns the school faced. (Photo by Alicia Ackerman)



Sophomore Chris Tuttle and senior Dan Gardner help to paint a line reading "Welcome to Cyclone Country" in the gymabove the bleachers. (Photo by Emily Bourne)



One of the biggest changes was painting on the school walls. Volunteers met Saturdays to dedicate some time to decorate the school in school colors and symbols. (Photo by Emily Bourne)





tudent Council. **First row:** David Sosnouski, Laura Krumm, Matt Healy, malia Smith, Chris Tuttle, Darci Horton, Karen Moon, Michael Morain, Jenifer Peyser, Naila Meyer, Katie Finn, guy, Leah Merkley, Matthew Robinson. **econd row:** John Crawford, Aprille Goodwin, Jill Muller, Bryce Johnson, enny Johnson, Jason Ryan, Ethan Olberding, Dan Gardner, David Millen, akeHanson, Jen Olson.



reshman/Sophomore Senates. **First row:** Kirk Nesset, Coung Tran, Jim orris, Adrienn Lanczos, Kristen McGeeny, Katie Milliman, Austin Woodin, ri Kogan. **Second row:** Melissa Kinyon, Nicole Shaull, Anne Barnhart, Antony Hartman, Fola Fadeyi, Shannon Goldman, Brian McGeeny, Heather erold.



unior/Senior Senates. **First row:** M.Padilla, J.Zenor, S.Kenealy, J.Ellett, L.Hinrichsen, Baty, B.Foley, H.Hutson. **Second row:** L.Summers, C. Roberts, ,J.Berg, T.Cosby, .Fisher, B.Quintero, N.LeBrrecht, M.Sedgewick, A.Lewis, P.Shupp. **Third row:** S. Cole, Chang, D. Alexander, E. MacElvain, B. Godar, A. Dutton, A. Schriver, B. Stahley.

Calculating

solutions for progress

Student government incorporated change into this year's curriculum

by Emily Bourne and Collette Best

Nothing is as easy as it seems. Behind the scenes there are always those individuals who dedicate a part of their lives to improving the overall environment for other people. Recognition wasn't always the initiative; it was their own personal drive and ambition that led them to various successes.

The Student Senates, one composed from each grade, and Student Council, composed of representatives from all grades, had many tasks on their hands to resolve.

"We discuss and organize fundraisers, talk about problems within our class, and help prepare for homecoming," freshman Jaclyn Sprong said. "One of our fundraisers was selling carnations on Valentine's Day. It was a lot of work, and we had to deliver them throughout the entire school day, but we raised a lot of money. Being a part of the freshman senate encourages students to become leaders and get involved in the school and community. It's a great opportunity and a ton of fun!"

Students helped make many decisions which affected many students' lives. The benefits of being involved as a part of the student government were also rewarding for the future.

"Senate has been a good organization to help us to learn to raise money and make decisions for a cause--our classes," sophomore Melissa Lehmkuhl said. "It also looks good on college applications."

Although some students wanted certain changes, many weren't aware of the effort involved in executing a change. Representatives had to go through many channels to enact the slow wheels of progress.

"Student Council is extremely frustrating. It involves a lot of reality checks as far as what one wants to change in the school,' junior Matt Healy said. "The difference between the students' desires and what the administration will allow is too large."

After working long on initiating change, students also achieved many personal awards.

"I feel very prouds to be a part of our Student Council. Tasks are always accomplished that better the school. For instance, during Winter Madeness week in the holiday season we helped raise money for two needy Ames families to have a terrific Christmas," senior Jack Liao said. "What I have seen and done for council has really impressed me. It has really improved my leadership qualities."

Whether small scale or large, students were able to form a strong government which enacted change, resulting in a better working environment and a better school.

SHARPENING Skills

Students joined Speech Club and Scratch Pad to polish up their communication skills

By Shannon Kenealy

Many talents consistently flourish in the visual and performing arts at Ames High School. However, equally unique talents have surfaced with the strike of a pen and the power of the spoken word.

Students had the opportunity to perfect these unique arts in the Scratch Pad and Speech Club orgainzations. These lesser traveled roads provided the students with many communication paths to explore. They discovered how to develope their talents and persist in thei efforts to express their thoughts and ideas.

"The purpose of Scratch Pad is to create a representation of student writing that otherwise probably wouldn't be possible," sophomore Elton Wong said. "It gives students a chance to observe each other's writing on a lot of different topics."

Both clubs offered valuable experiences that students felt were not available to them in other classes or activities at Ames High.

"Speech Club gave me the chance to prove to myself that I could act in a play-type situation," senior Sarah Weitzel said. "It's difficult to get a big part in a high school play. But in joining Speech Club, I got the chance to act in a really funny skit that had quite a few lines."

Many students developed and sharpened various skills by participating in discussions and interactions with other group members.

"I learned to discuss literature more objectively in Scratch Pad," junior Emily Myers said. "In a group like Scratch Pad, you learn to respect things that you don't necessarily like. And, even more importantly, you learn to keep an open mind about other people's ideas and opinions."

There were also other advantages. Many students joined Speech Club and Scratch Pad simply to meet new friends and have fun.

"I joined Speech Club to get to know other people and to have a fun time," sophomore Michael Morain said. "I also got to develop my monkey skills in a humorous skit. We all had a great time whether we were competing together or enduring a really long bus ride."

Speech Club and Scratch Pad apparently were the organizations of choice for students who were looking for a unique opportunity to learn from new experiences. With their improved and continuing skills, many new forks were created in the paths toward the bright futures of these talented and diligent Ames High students.



Speech Club. First row: Sarah Weitzel, Aprille Clarke, Sara Stevenson, [illegible] Hunger, John Baty, Emily Mize, Rachel Chacko. Second row: Naila Mey[illegible] Michael Morain, Chris Allen, Becky Chacko, Emily Myers, Gretchen Guffy[illegible]



Scratch Pad. First row: Ellen Kitchell, Jennifer Peyser, Kesone Phimmaso[illegible] Melissa Poague, Ruby Hsu. Second row: Adam Niese, Sarah Hagge, [illegible] Daddow, Aprille Clarke, Lisa Hinrichsen. Third row: Angie Carter, Ce[illegible] Meyers, Debra Peterson, Emily Myers, Katie Woods. Not pictured: [illegible] Stansbery, Elton Wong.



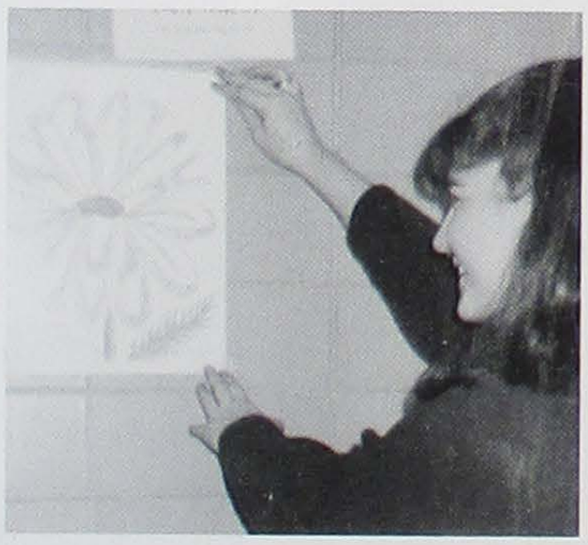


Junior Phoebe Silag contemplates adding a Scratch Pad submission to the yearly publication. The Scratch Pad staff devoted many hours to selecting and organizing submissions to be included in the literary magazine. (Photo by Alicia Ackerman)





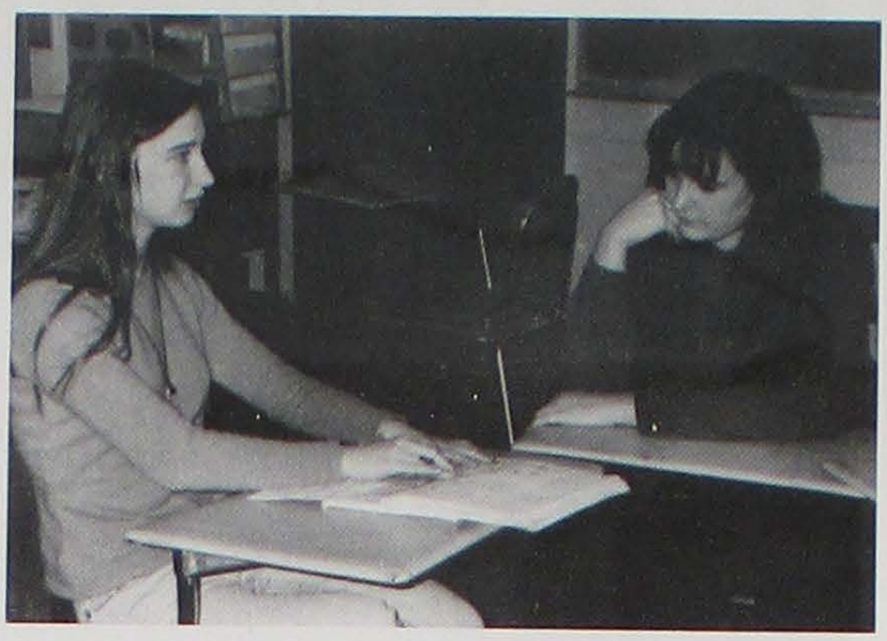
Sophomore Emily Mize reviews material to use in a competition for Speech Club. Speech Club members had the opportunity to choose what topic they wished to speak about in these competitions. (Photo by Alicia Ackerman)



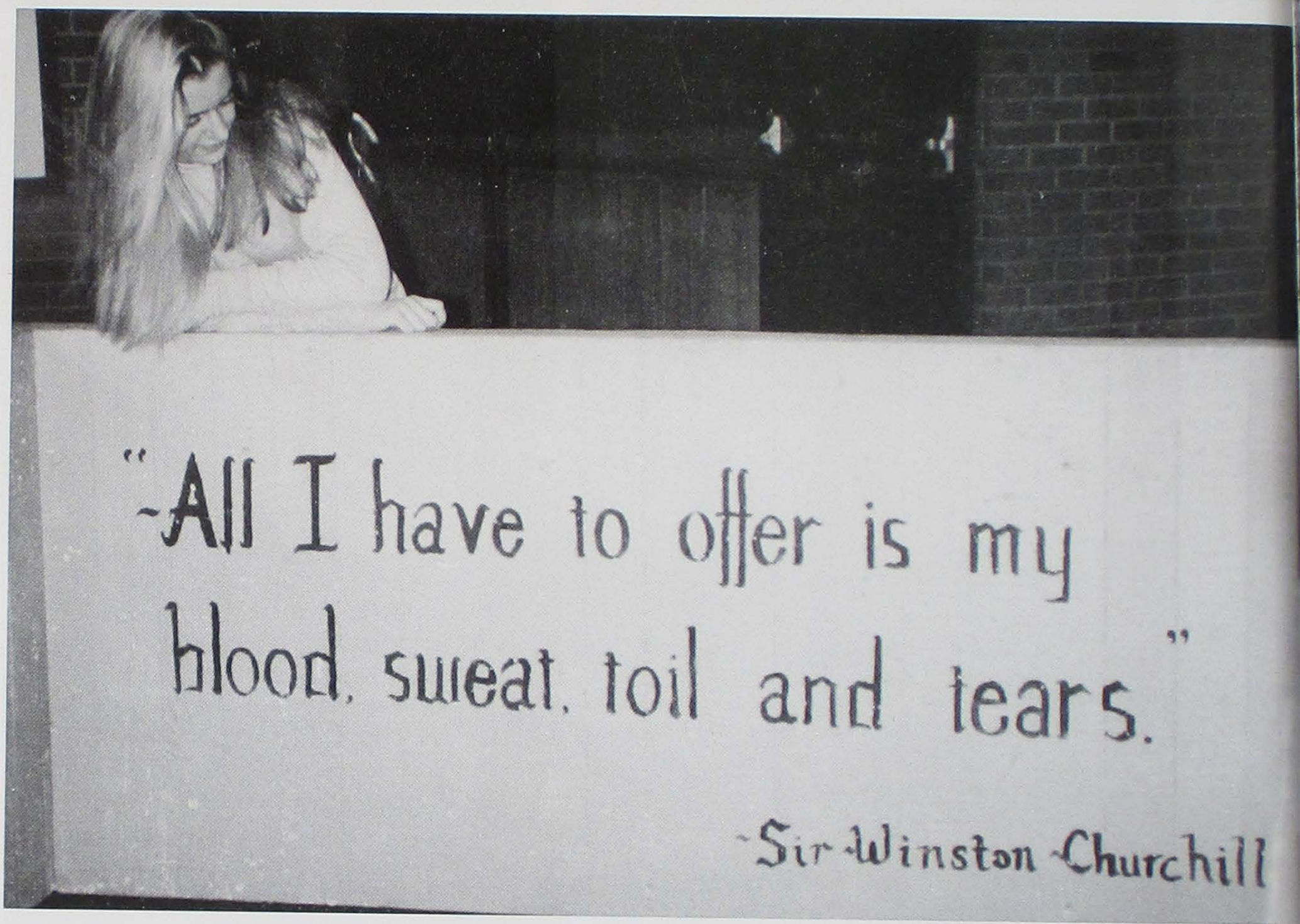
Angie Carter hangs an advertisment requesting Scratch Pad submissions in a high school hallway. The Scratch Pad publicity crew searched for unique ways to encourage students to share their writings and artwork. (Photo by Alicia Ackerman)

Senior Kristy Jones shares some laughs with a local resident at Northcrest nursing home. She stopped by occasionally to chat with the residents and bring them gifts, along with other Key Club members who spen time preparing to bring the residents gifts. (Photo by Emily Bourne)



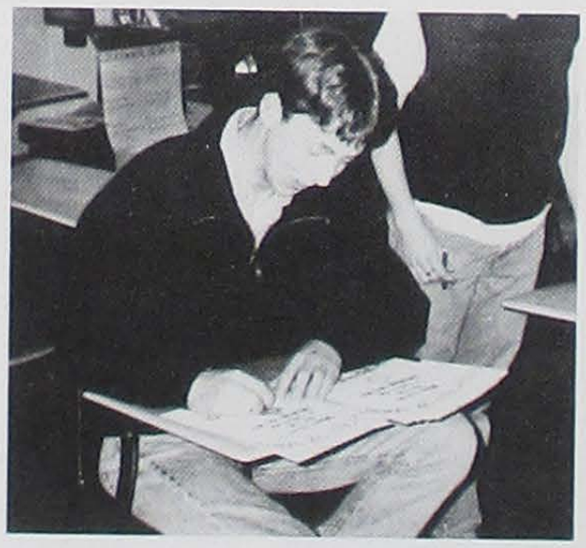


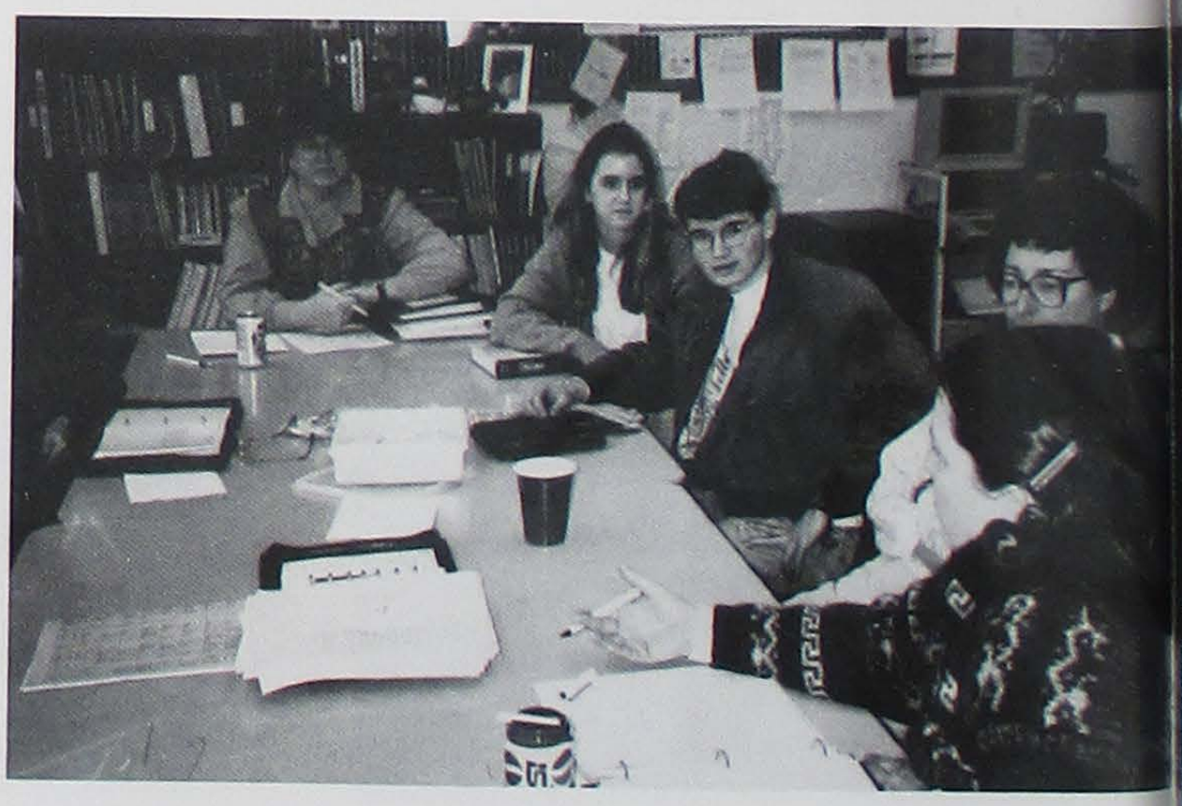
Key Club Treasurer, sophomore Ellen Kitchell, conducts an organized meeting of her small group during a Key Club early morning get-together. They split into small groups--social, fundraising, project, and prgram--to accomplish smaller goals. (Photo by Ariane Steffan)



Glancing over the rail at a quote, calligraphed by senior Kesone Phimmasone, senior Karen Moon surveys the results of the Building Improvement Team's approval. Moon was involved in the decision to let students paint on school walls. (Photo by Emily Bourne)

Key Club sponsored CPR-First Aid training for any students who had an interest. This benefitted the community as well. Senior Nick Schafer helps to decorate posters advertising the classes. (Photo by Ariane Steffan)





At one of their by-monthly meetings, the Building Improvement team discusses possible solutions to common problems in the students' and teachers' everyday lives. (Photo by Ariane Steffan)

LENDING

time and effort

Students and teachers combined their time to make room for improvment

by Emily Bourne



Club. First row:Seth Taylor, Kristy Jones, girl, Ellen Kitchell, nifer Peyser, Maria Lutz. Second row: Andrew Proescholdt, Fetty, Scott Paque, Mambwe Mumba, girl, Karen Moon, en Proescholdt. Back row: girl, Carrie Shupp, Rachel Moon, , Andrew Brown. Not pictured: Buffy Quintero, Emily Bourne



ilding Improvement Team. Mrs. Betty Furr, Principal harles Achter, Ms. Kirsten Eddings, Mrs. Mary Meckemson, en Moon, Mrs. Nancy Svien. **Not pictured:** Matthew obinson, Leah Merkeley, Mrs. Hillary Ziebold.



of the major fund-raisers was selling blow-pops for a uter in the classrooms to other students. Here at one of Tuesday morning meetings, Key Clubbers organize the sale. oto by Ariane Steffan)

Searching for answers to complex problems is not an easy thing to do. Yet a small group of talented and ambitious students and teachers took on this role, forming, for the first time, the Building Improvement Team.

"In BIT we discuss building issues that may deal anywhere from the location of a clock to the morale of the school as a whole," said senior Karen Moon. "We take suggestions from students as well as staff. We discuss every concern and try to get back to everybody who has made a suggestion. BIT is a successful effort to represent students, teachers, and administrators in decision-making."

The Building Improvment Team was in charge of supervising the enactments of change in the school, and the first year for the team was a very productive one.

"BIT is a chance for staff and students to discuss the problems and concerns of the school on an equal level," said senior Matthew Robinson. "Among our accomplishments are the approval of a senior open campus, junior open lunch sign out, a clock in the lobby, approval for painting projects, the return of pop and donut day, and study hall and hall monitor assignments."

Another organization which worked for the benefit of others was Key Club. Not only did this club help students, it also extended its efforts to the Ames community.

"Key Club is great because members make friends while feeling the satisfaction of helping out in the school and community," said senior Buffy Quintero. "Some of our projects included donating food to the food shelf, toys to the children's ward at the hospital, teaching CPR, and visiting the nursing homes."

Many of the activities they planned reached out into the community and extended a friendly hand to people who were in need, not only finacially, but emotionally, also. This often gave Key-Clubbers a sense of personal satisfaction.

"When I went to the nursing home one time I was in a really bad mood. But after talking to one of the residents and picking a bouquet of flowers for her, I felt great," said senior Kristy Jones. "Just the satisfaction of making her smile made me smile. Now I visit her on a frequent basis, and I look forward to the visits. It was a very rewarding experience."

Students and teachers both worked hard and the results were rewarding. Many of their accomplishments will live on in the school and their improvments will be noticed forever in the future.

WORKING on making memories

SPIRIT staffers spent their time creating stories while having fun in the meantime

By Emily Bourne

When twelve talented individuals get together and start brainstorming about story ideas to remember a high school career, a lot of unusual topics come up. But the Spirit staff carefully and creatively selected stories so that Ames High students could look back and remember the best times of their lives.

To begin the year, there was a lot of exisitng pressure to meet the deadlines.

"With the late yearbook last year, we were really under a lot of pressure to put out an above-average yearbook, and put it out on time," junior Sam Grotewald said. "Throughout the year, the staff really got to know each other and how we all work under the pressure of a deadline."

Deadlines were the key factor in the success of a yearbook. Once they were set, the staff had to work together to reach them.

"It was hard work meeting all the deadlines. but after one had passed we realized we were that much farther," junior Robyn Epstein said. "I'll always remember one of our Friday deadlines. We ordered pizza and had a great time talking. After that night I think we all were a little closer."

Yearbook class was also a time when the staff could socializeand get to know each other.

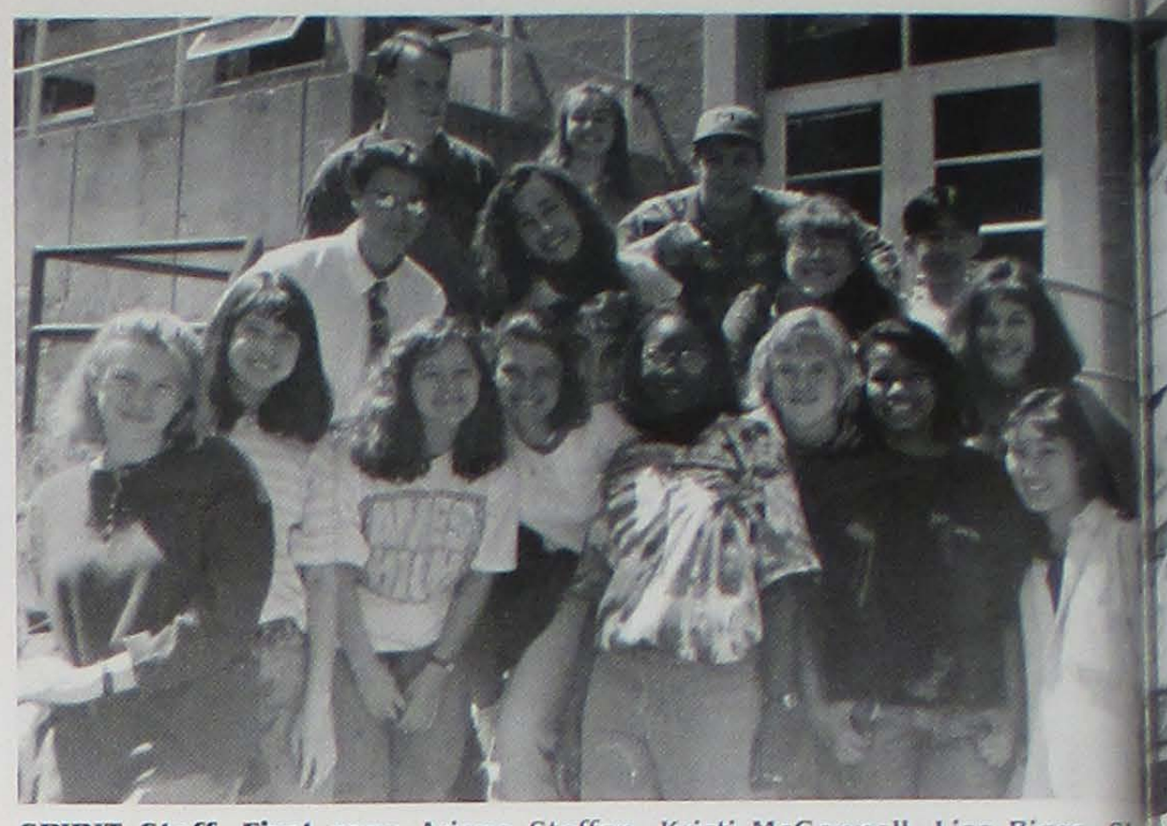
"Being in yearbook was one of those things that you either loved or hated. Basically I loved yearbook, except for some of the deadlines," sophomore Vanessa Kuo said. "8th period class was always more of a gossip period than a classtime. Sometimes I think it was a mystery that we got all our work done."

Spending time writing stories was also a learning experience.

"Working on yearbook has been a very fun experience. I got to meet lots of new people and learn new things about writing stories," junior Jennifer Whalen said. "I can honestly say that everyone on yearbook has managed to keep the goal of finishing the book on time, also."

All in all, yearbook was a rewarding experience for the entire staff, and very productive, not only in producing an annual Spirit yearbook, but establishing working relationships and friendships also.

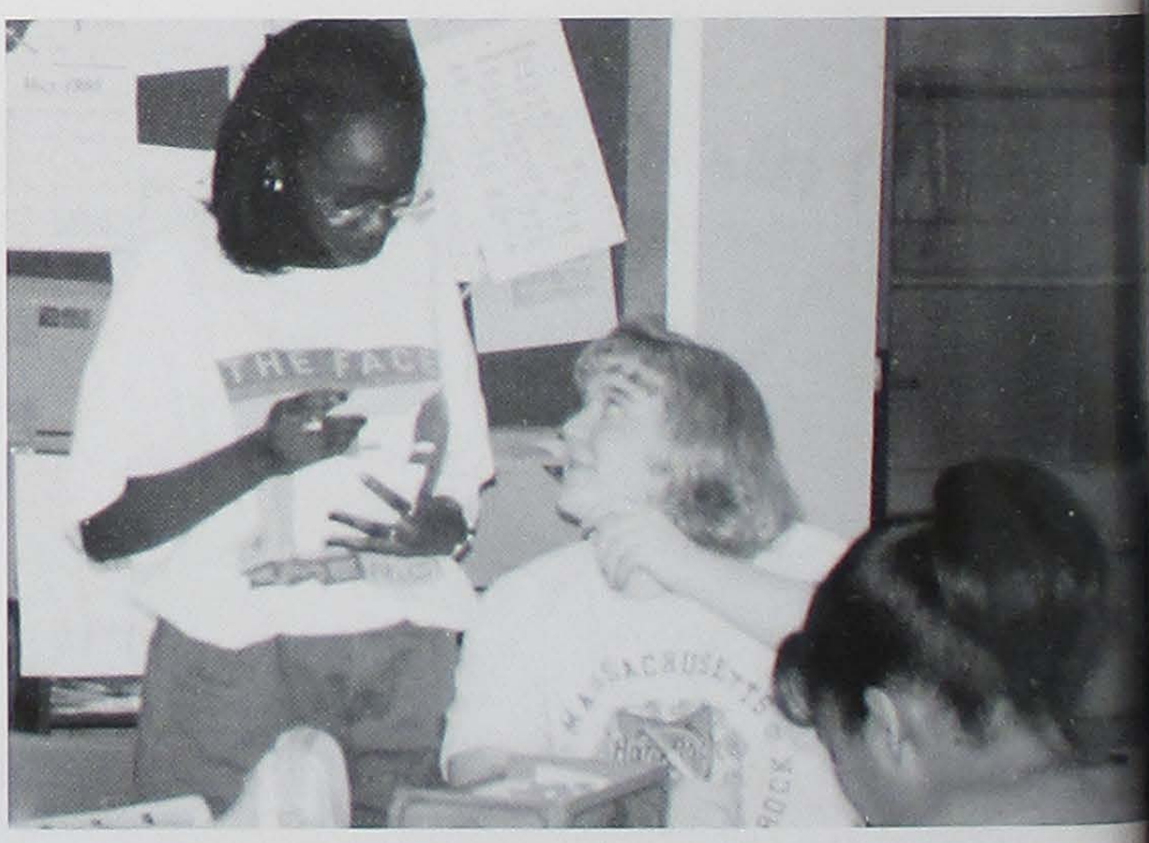
"Though I spent half of the year spazing out, I really enjoyed being yearbook editor this year. We had a big reputation to fix after last year's book was late and everyone knew what they had to do and they did it. Everyone worked really well together to make the book the best ever and we definitely had a good time in the process."



SPIRIT Staff. First row: Ariane Steffan, Kristi McConnell, Lisa Biggs, Shannon Kenealy, Tanisha Cosby, Melissa Harris, Misi Emiola, Vanessa Kuo. **Second row:** Sam Grotewold, Emily Bourne, Dan Gardner, Robyn Epstein, Jennifer Whalen. **Third row:** Advisor Darin Johnson, Collette Best, Jason Rearick, Stephen Chang.



During one of the deadlines, junior Robyn Epstein and seniors Misi Emiola and Melissa Harris go through the indexing box to check spelling on names. Even though the staff had an index editor, all the page editors had to go through and check the spelling of each name on every spread that they comleted. (Photo by Emily Bourne)



Senior editor Tanisha Cosby gives instructions to senior Melissa Harris on how to lay out on of her spreads. Cosby had to be the final authority on many of the layout designs, as well as the approval of many of the pictures included on the spreads. (Photo Emily Bourne)



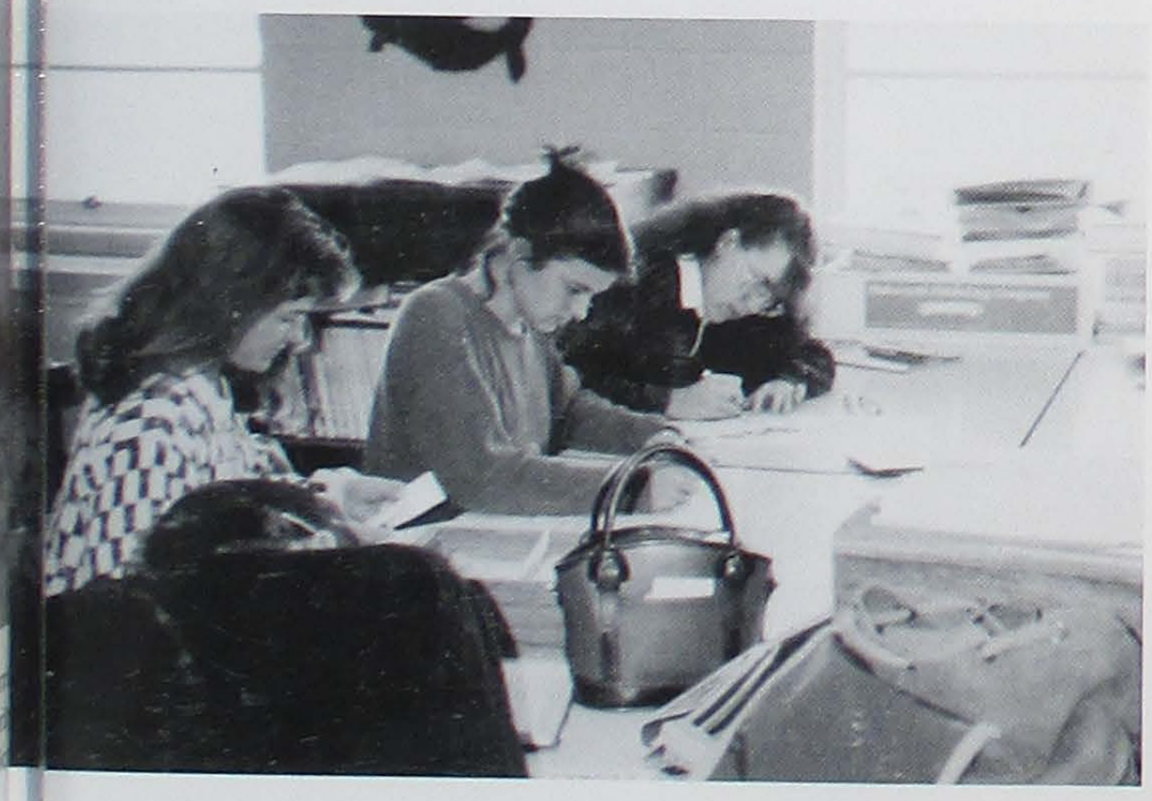
Seniors Emily Bourne and Dan Gardner go over some pictures that they could possibly use on their spreads. Each spread had a choice of photographs . Photographers tried to give the page editors a variety to chose from. (Photo by Jessica Ackerman)



Senior editor Tanisha Cosby had the most responsibility of any member on the staff. Here she assists senior Melissa Harris with indexing names in the name catalog file. Cosby was responsible for the majority of executive decisions. (Photo by Emily Bourne)



During one of the Friday deadlines, yearbook advisor Mr. Darin Johnson, known as DJ by his students, goes through the spreads, classifying them as done or finding corrections. Page editors surround him and wait for further instructions. (Photo by Kristi McConnell)

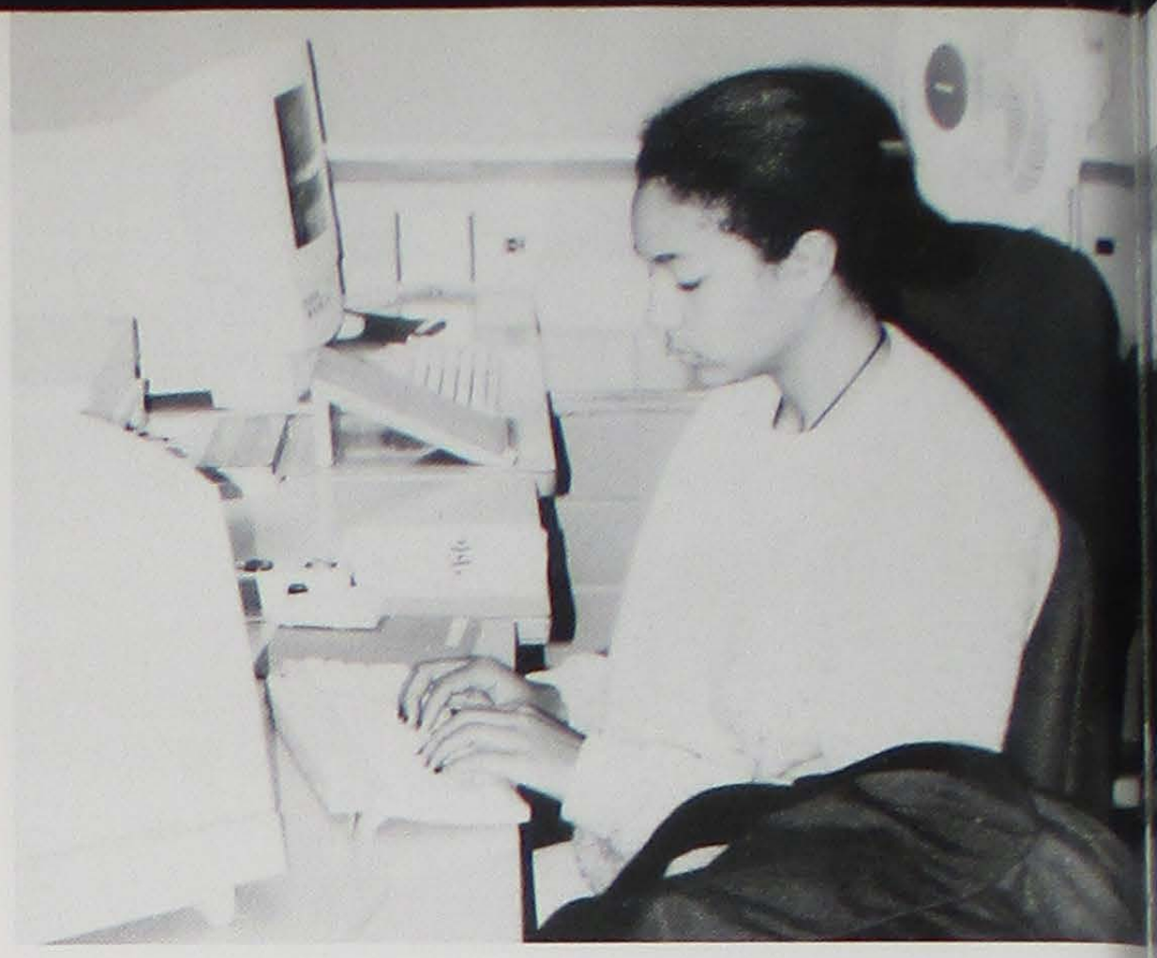




Seniors Lisa Biggs, Shannon Kenealy, and junior Robyn Epstein work on posters advertising when the Spirits would be on sale. Students could buy books at various times throughout the year. (Photo by Tanisha Cosby)

On the last day of school for the seniors, senior page editor Dan Gardner, executive editor Tanisha Cosby, advisor Darin Johnson, and managing editor Emily Bourne get together. (Photo by Jason Rearick)

Web editor senior Charli Englehorn works on her story for an upcoming issue of the *Web*. Englehorn said she was pleased with how well the staff worked together to accomplish their tasks. (Photo by Alicia Ackerman)



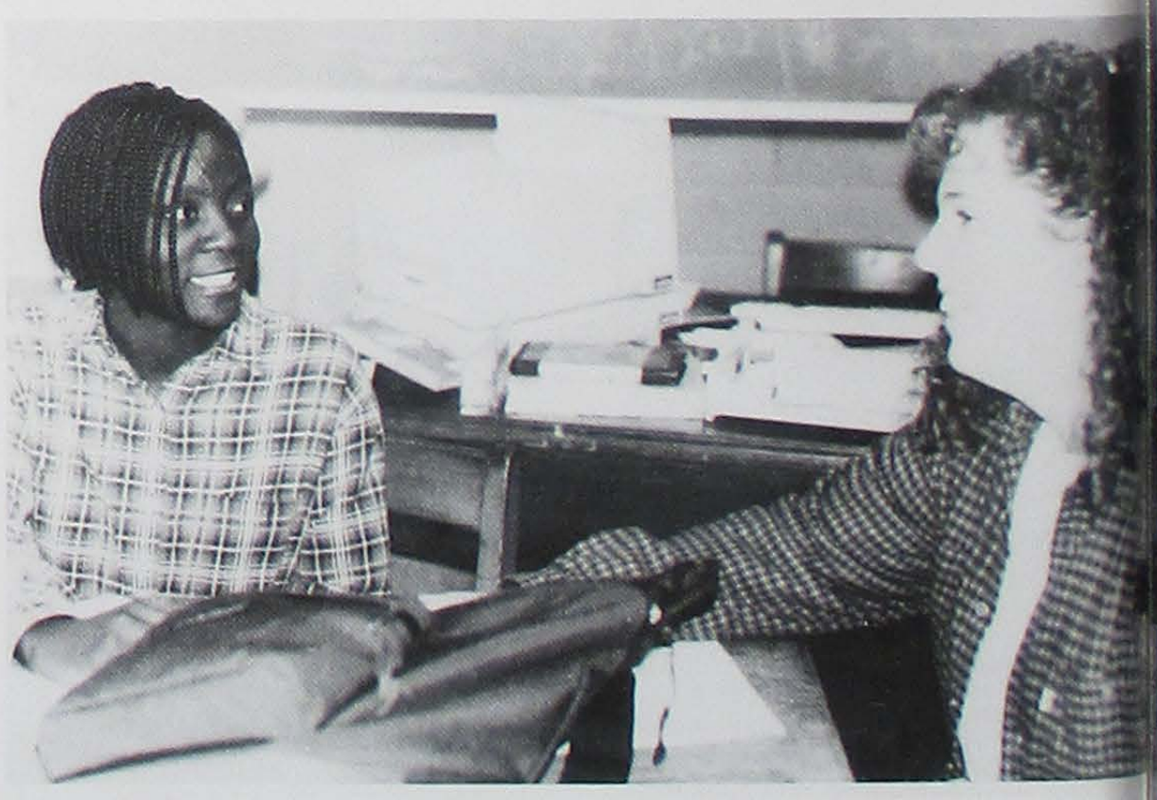
Senior *Web* staff member Lisa Henrichsen talks to junior Paul Stewart about and upcoming story about th track team. (Photo by Alicia Ackerman.)



The *Web* staff works on upcoming story ideas in the *Web* room. The staff held a meeting every week to insure that everybody was working to complete their assignments. (Photo by Alicia Ackerman)



Juniors Mambwe Mumba and Nicole Achter show a smile of relief on *Web* distribution day. (Photo by Alicia Ackerman.)





iors Andrew Yee and Travis Nichols share a joke befor getting to work in *Web* room. All *Web* staffers agreed that getting a newspaper out on e was difficult, but the friendships made were well worth it. Photo by ia Ackerman



Staff. Front Row: Kate Dobberke, Abigail Cook, Gretchen Guffy, Sarah , Katie Geha, Abbe Shapiro **Back Row:** Andrew Yee, Travis Nichols, isna Hawbaker, Phoebe Silag, Nicole Achter, Charil Englehorn, Lisa rchsen **Not pictured:** Robyn Epstein, Doug Westvold, Leah Mills, Ben ey. Photo by Alicia Ackerman



r Phoebe Silag and freshman Katie Geha look over a copy of the new The *Web* was released to staff and students every third Friday. (Photo cia Ackerman.)

WEB A Newspaper

From a to z, the Web staff provided students and faculty with all the news that's fit to print.

By Sam Grotewold

In addition to homework, sports, and other extra-cirricular activities, the twenty students that made up the *Web* staff had yet another task piled onto their already-full day: producing a school newspaper.

The Web was distributed every three weeks to the staff and students of Ames High and to all subscribers of the Ames newspaper, The Daily Tribune.

The *Web* began the year with an new advisor, Mr. Darin Johnson, but the 1st issue came out on time without any problems.

"I felt that Mr. Johnson did very well for his first year," said senior editor Charli Englehorn, "he got us started right on the first day and the first issue of the year came out on the right day."

Procrastination forced some Web staff members to struggle to meet deadlines...and stay until the midddle of the night to get the paper finished.

"I know I have a tendency to put off stories because I'm not that disciplined yet," said junior Kate Dobberke, "but I always make sure I have it done by deadline night."

But the *Web* was not all late-nights and rushing to meet deadlines. Many new friendships began in the *Web* room, and everybody worked together to produce a successful newspaper.

"This year's *Web* staff was really great because everyone was really close and most of us became good friends through out the year."

"I look forward to third period every day," said junior Robyn Epstein, "because that's the time when I walk into the *Web* room and I see all the smiling faces of the friends i've made over the past year."

What exactly *was* it that made the students subject themselves to the hectic schedule of conducting interviews, taking pictures, and designing layouts?

"*Web* is really lots of fun," said junior Abbe Shapiro, "well, except for interviewing...and deadlines...and writing the stories. But, other than that, *Web* is my favorite class."

"*Web* is fun when it's not deadline week." junior Gretchen Guffy said during a particularily hectic afternoon.

But all *Web* staff members agreed that the final product was well worth the hard work.

"We all had the times when we just didn't think we could do it,," Englehorn said, "but I think the *Web* turned out very well this year."

SPEAKING to persuade

Mock Trial, Model UN and Debate prepared students for the real world.

By Vanessa Kuo

Speaking in front of people which students don't know is something most of them fear. Remember speech class? For the students who were in Mock Trial, Debate, and Model UN, it was something they had to do. Success for most students in these groups was high.

In Mock Trial, where students learn the legal processes of our justice system, the results of the students work paid off. Each of them had their own golden moment and their teams achieved success.

"As a whole group, we placed first and second respectively, at regionals. Then we went on to place seventh and fourteenth at state, which was really good. We learned the legal process, to speak in front of a group, and talk to all sorts of people. Mock Trial really unified us," junior Emily Myers said.

Some were not so serious. They more or less focused on the fun of the whole experience that they had.

"My accomplishments? In Mock Trial? I enjoyed the fact that I accomplished nothing in Mock Trial," sophomore Joe Stansbery said.

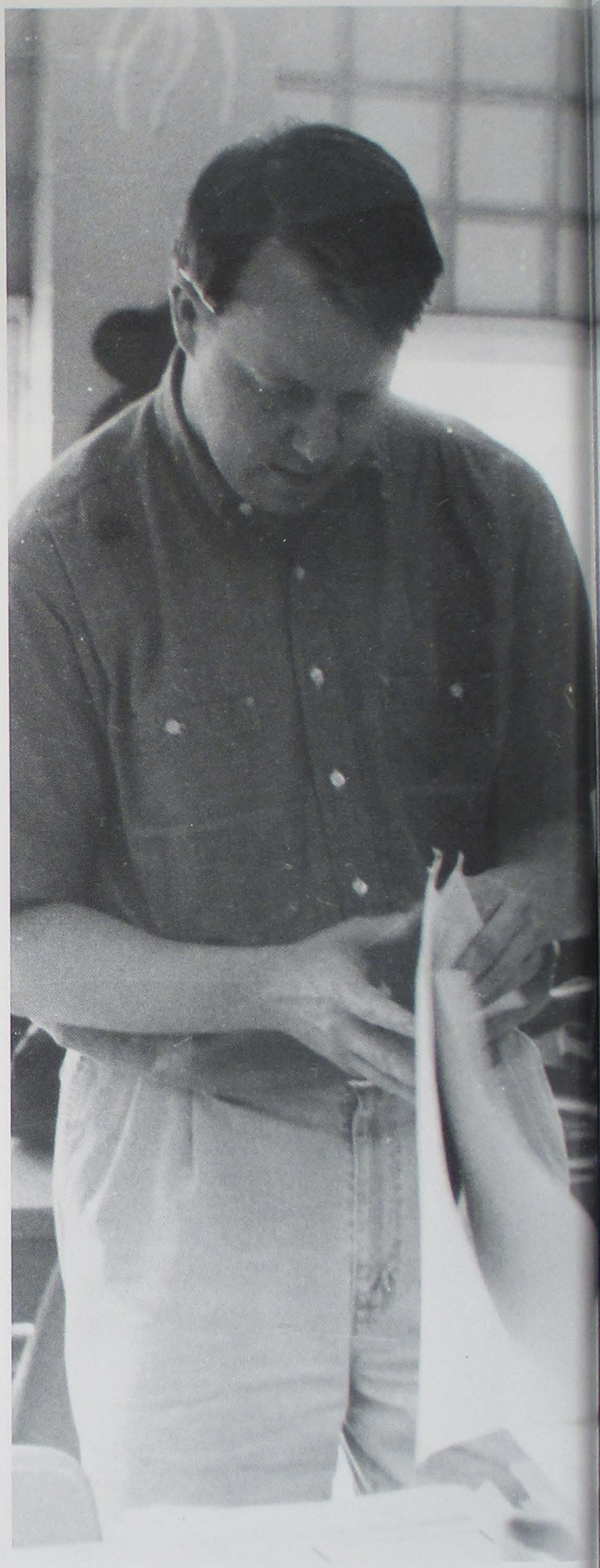
Debate, to most people, seemed like one long argument. Students who were in debate did not have it so easy. They had limited time and subjects. They had to be persuasive, and they had to be able to speak in front of judges comfortably. They, too, enjoyed a successful year.

"I got ranked fifth in the preliminary round at state, but then the first guy killed me. I like debate because you can get people incredibly irate and they can't do anything about it. For me, debate was an immense B.S. contest," sophomore Elton Wong said.

Model UN consisted of students who imitated the real UN of the world. Each of them represented a country, argued and negotiated for that country. Although what they did was serious, sometimes "serious" just wasn't the word to describe the students' behavior.

"Our secretariat grabbed the mike on our next to last day and told us that everytime we used it we had to speak in a funny voice-Mickey Mouse, Donald Duck-unfortunately, an adviser walked in to the room and we weren't able to be really silly. I'm just glad that Mr. Scott didn't crash the car," senior Lisa Hinrichsen said.

Whatever was accomplished or lost during the year, nothing beat the amount of fun students had during the season. They got to act silly and bond with fellow students while reaching their goals.





Mr. Johnson, the ever faithful English teacher, gives junior Robyn Epstein some constructive citicism during Spirit.(Photo by Ariane Steffan)

Senior Missy Harris looks over Junior Jenny Whalens' papers for any mistakes that Whalen may have made.(Photo by Kristi McConnell)

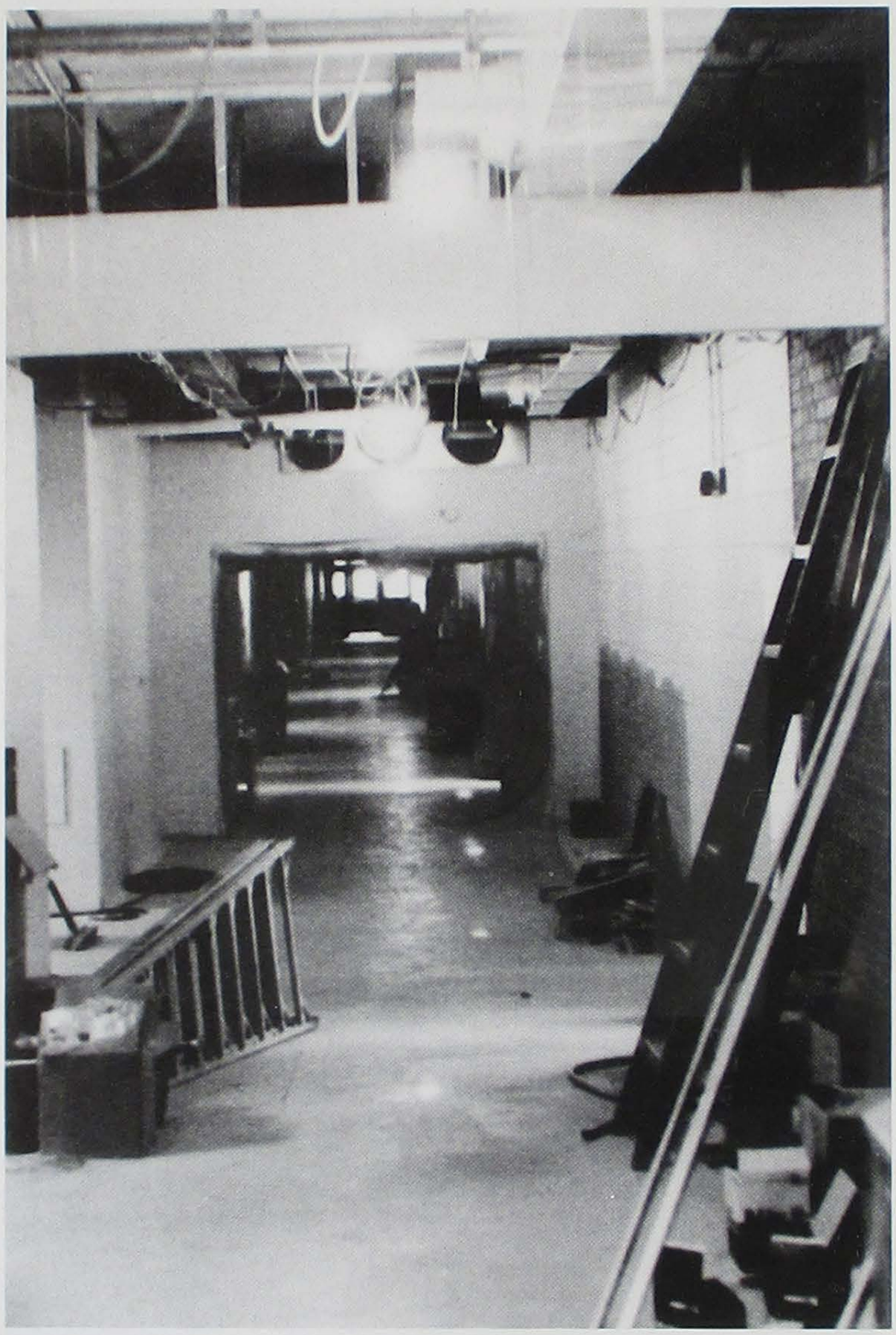




Mock Trial Members:Front: Emily Dahlgreen, Kathy Craig, Emily Myers, Tuhina Dayal, Erin Rollenhagen, Sarah Lawson Back: Miss Eddings, Emily Mize, Michael Morain, Joe Stansbery, Aletia Van Brocklin, Kristin Melby.(Photo by Ariane Steffan)

BUILDING the future

Construction workers built a new media center and six science classrooms



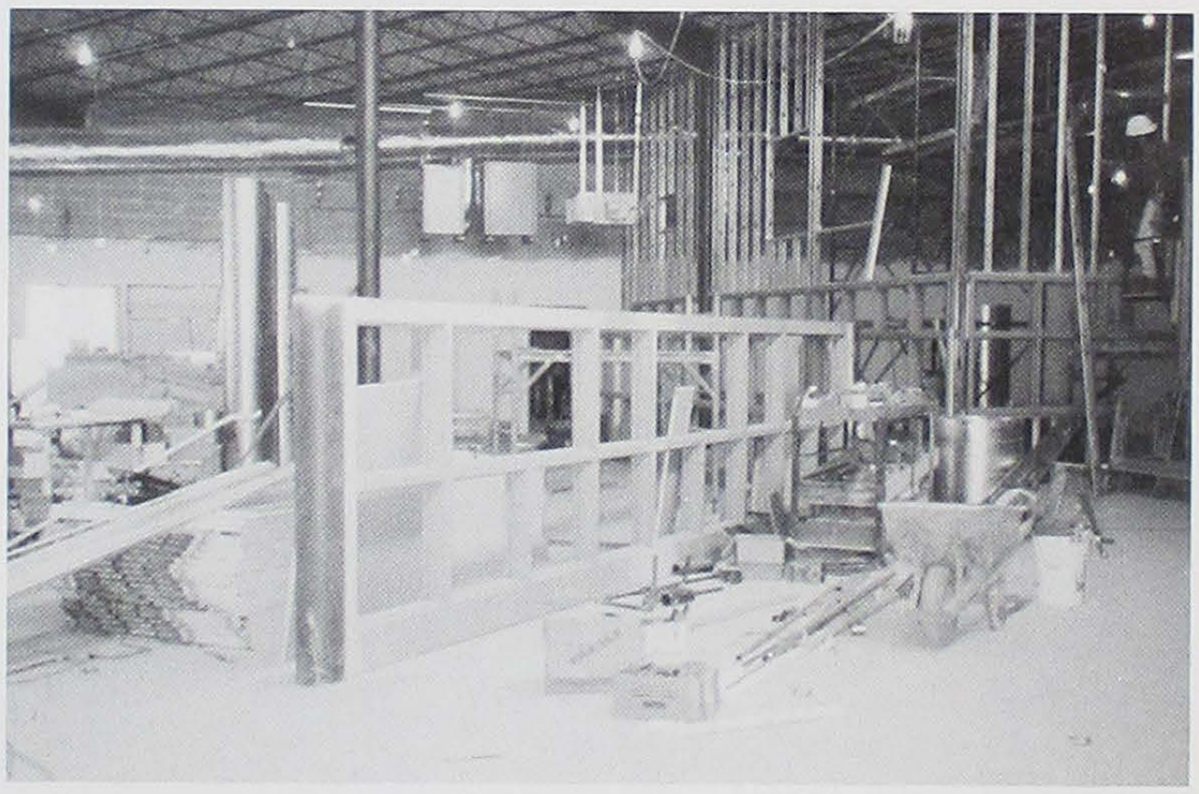
By May the back hallway was relatively free of clutter. Because of the construction the back hallway was closed during the second semester. In addition to being closed, lockers were relocated from the back hallway to the front hallway, which only added to the conjested halls in between classes. (Photo by Jason Rearick)

The entrance to the new media center as it appeared in the spring of 1995. The windows on the left are to the junior/senior room. The walls were painted in May and carpet was layed in June. Books and furniture were brought in July and August. (Photo courtesy of Norma Sisson)



Numerous tools were used by the Story Construction Company workers to build the new media center. Soon, this area will be filled with students walking to the Fine Arts wing.





Although the wall to prevent people from borrowing books without checking them out has been erected, the book security system has yet to be installed. In the background, a construction worker builds the wall separating the media center from the new computer lab. (Photo courtesy of Norma Sisson)

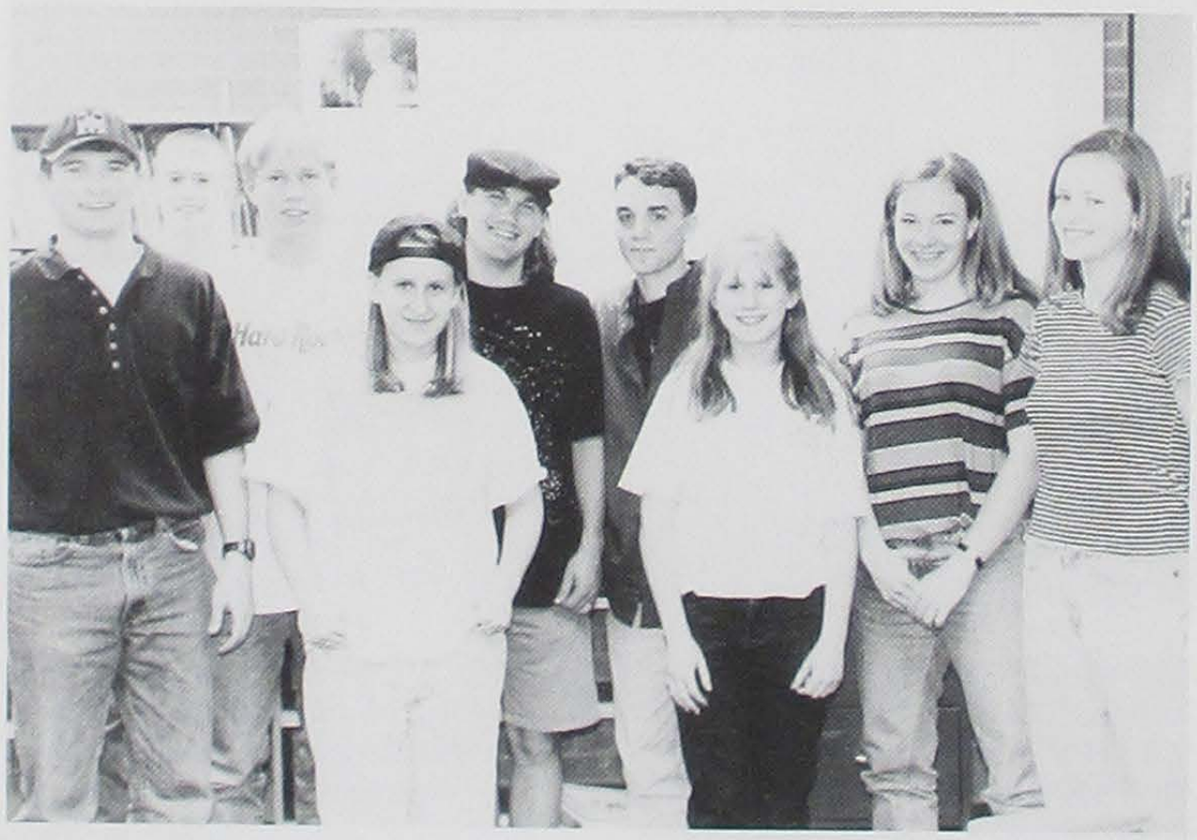
MAKING a difference

100th Green Butterfly and Policy Committee work hard to improve conditions at Ames High.

By Lisa Biggs



100th Green Butterfly. Front Row: Matt Boe, Rachel Chacko, Emily Mize, Jenny Peterson, Emily Dahlgren, Rachel Moon, Katie Bourne. **Back Row**: Angie Carter, Dan Ehrsman, Becky Chacko, Eileen Heidaman, Deborah Peterson, Becky Glatz, Sara Stevenson, Steffi Drews, Sarah Teas, Ruby Hsu. **Not Pictured**: Melissa Poague, Karen Moon, Beth Weitzel



Policy Committe. Matthew Robinson, Jake Hanson, Dave Sosnouski, Emily Nelson, Matt Healy, Dan Gardener, Jennifer Peyser, Katie Finn





Sophomore Emily Mize sorts through a pile of paper at a recycling 'party'. The group would meet every few weeks to collect the boxes and remove unusable materials. (Photo by Kristi McConnell)



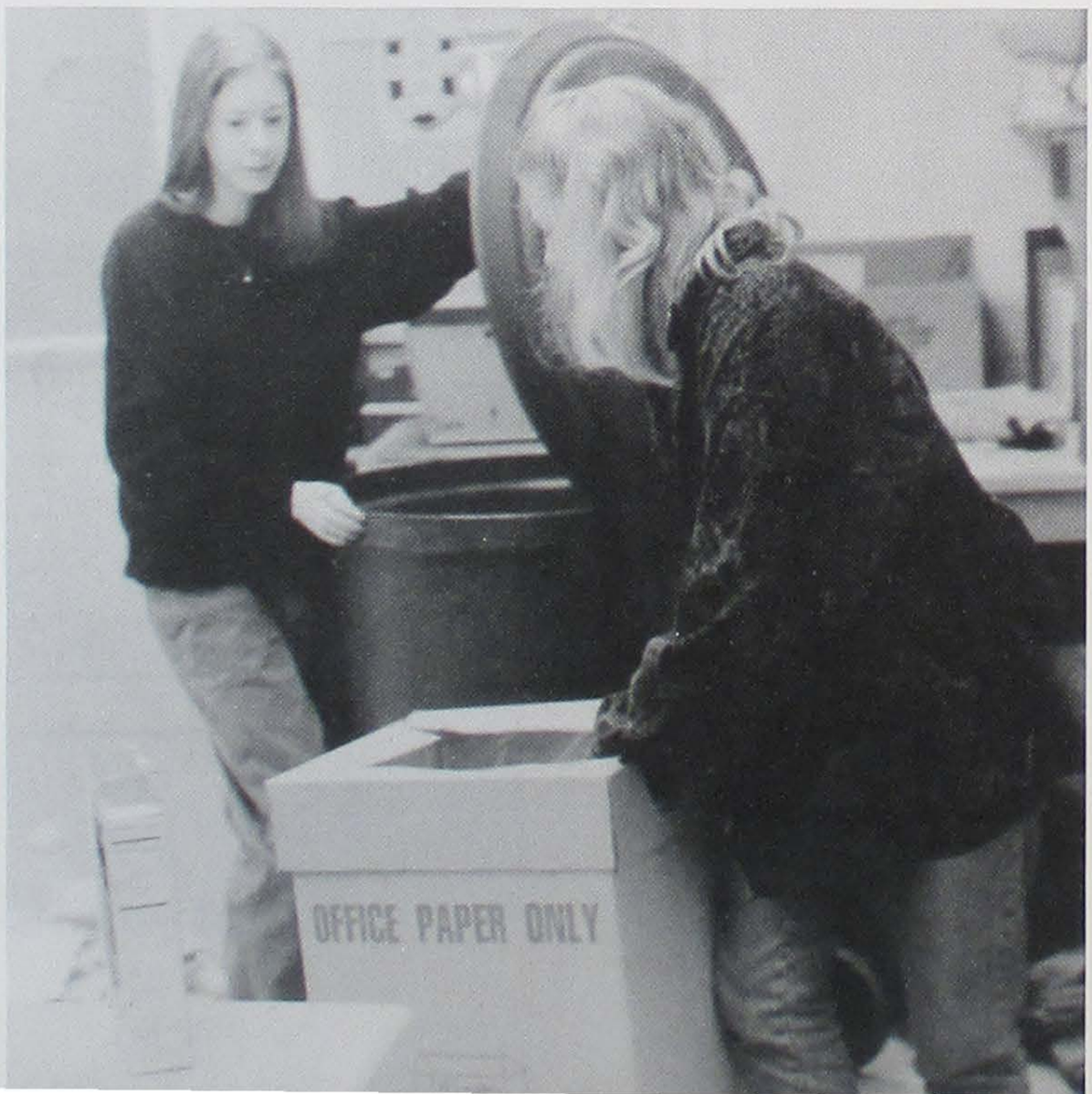
Sophomore Jennifer Peyser and senior Matthew Robinson listen attentively during a Policy Committee meeting. The students met to discuss and revise school policies. (Photo by Alicia Ackerman)

Freshman Katie Finn, junior Matt Healy, and sophomore Jennifer Peyser discuss a change in the school's policy. The policy committee received suggestions from fellow students and then would discuss the ideas as a group. (Photo by Alicia Ackerman)





Mr. Achter confers with senior Emily Nelson about student views of school issues during one of their meetings. The policy committee met with the principal once a month to consider student suggestions of changes in school policies. (Photo by Alicia Ackerman)



Juniors Jenny Peterson and Beth Weitzel gather large boxes and bins to pool all of the paper they have collected. The group placed paper recycling boxes for in classrooms around the school. (Photo by Kristi McConnell)





Putting the moves on a fair lady, Richard III, played by junior Matt Healy, seduces junior Elizabeth Thompson. The winter production of Shakespeare's Richard III allowed the students to travel back in time and re-create the past. (Photo by Alicia Ackerman).



Thespians. Front Row: Beth Furr, Sara Weitzel, Aprille Clarke, Jackie Zenor, David Goodfriend, Carrie Chrstiansen, Carolyn David, Jenny Anderson, Darcy Horton, Elaine Serfass. **Back Row:** Aaron Coates, Allen Hardy, Joe Levine, Sara Stevenson, Brooke Harker.





Rehearsing for the big production, senior Jack Liao and junior Evan Jeffery recite their lines backstage. The winter play involved a large cast that had to learn the dailogue and customs of Shakespearian times. (Photo by Alicia Ackerman).



ENGLISH

from class to court

The ability to shift out of everyday student life and into suits of armor made for sensational performances

By Daniel Gardner

Knights in shining armor. Students sleeping through English class. Though centuries apart and worlds different, these two images were brought together at Ames High. With the annual production of a fall and winter play the days of old and new were brought to life in beautiful stage performances of Shakespeare's Richard III, and the comedy, Up the Down Staircase.

Going up the down staircase often is a strong parallel to what many students feel at one time or another in high school. But teachers feel the disillusion, disorder, and confusion of everything also.

"I think it really appealed to students and teachers. It showed what kids go through and what the teachers have to put up with," senior Aprille Clarke said. "It was a balanced view, showing what people don't see everyday."

Between the transition from disorderly school life of the present to the calssical times of Richard III, the thespians visited the Guthrie Theatre to see Macbeth and prepare for their next performance.

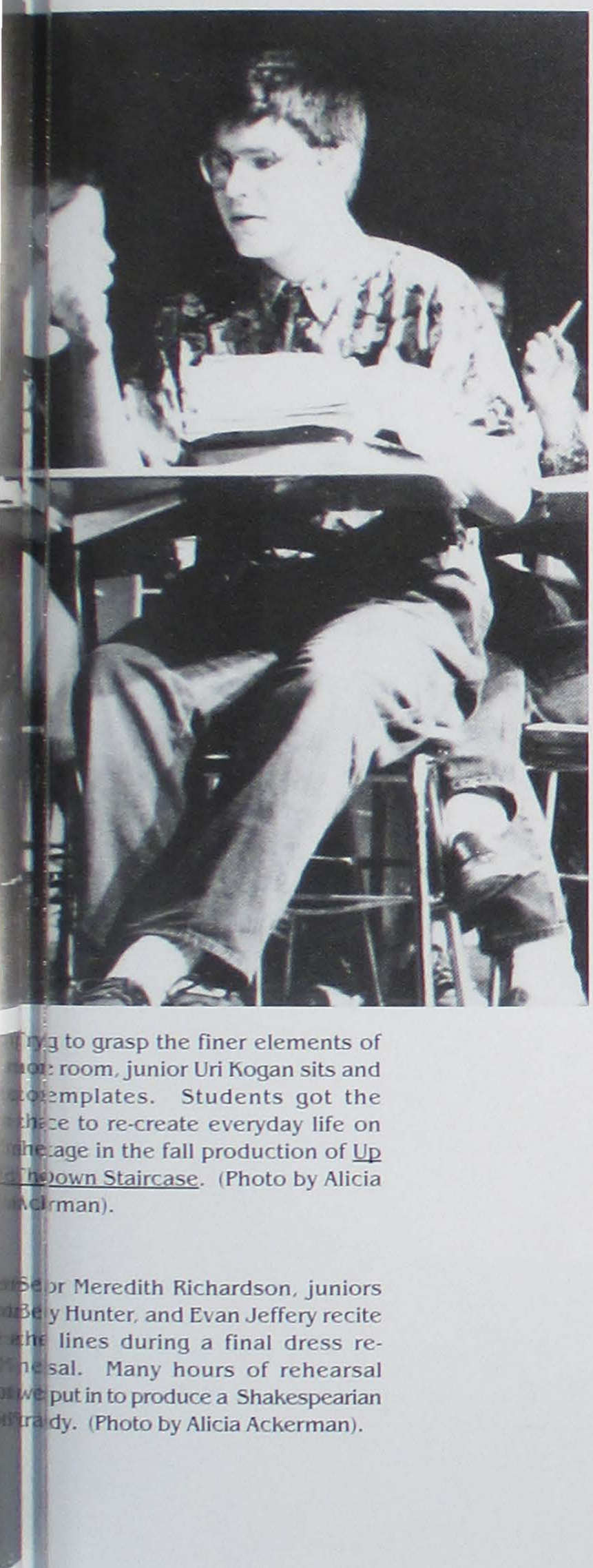
"The trip was hard to organize but it was a great play and it really helps seeing professionals," senior Jackie Zenor, president of the thepians, said. "Seeing the performance gave good ideas to everybody and it no doubt will contribute to the success of Richard III."

Kings, queens, lords, ladies, love, murder, lust, deceit: all the marks of a good Shakespeare play, and Richard III was no exception.

"To make it a success it took lots of people who wanted to pull it off and a director who really knew what he was doing," senior Dave Millen said. "We even surprised ourselves when it came to the performances. It was a very demanding play and it took a lot of dedication to make a high quality production."

Richard III was indeed one of those plays that has left a mark on Ames High Drama production history, for it was one of the few plays ever performed without scenery.

"It was a little scary at first with the scenery not being finished. It seemed like the whole thing was going to just fall apart," senior Joss Nichols said. "In the four years I've been at Ames High this is the most challenging piece I've seen performed. But everybody worked harder on their roles, and for the great lengths we had to remove ourselves from reality to perform this play, we ended up with a sensational production."



...d moods were apparent as the ...ians traveled to Gutherie Theo view Shakespeare's Macbeth. ...r Emily Woline busily read while ...prs Dave Millen and Jack Liao ... a nap in preparation for the ...t's show. (Photo by Alicia ...rman).

...g to grasp the finer elements of ... room, junior Uri Kogan sits and ...emplates. Students got the ...ce to re-create everyday life on ...age in the fall production of Up ...own Staircase. (Photo by Alicia ...rman).

...or Meredith Richardson, juniors ...y Hunter, and Evan Jeffery recite ... lines during a final dress re... sal. Many hours of rehearsal ... put in to produce a Shakespearian ...dy. (Photo by Alicia Ackerman).

MINDING their own business

By using such things as bicycle parts and wood, OM members expanded their minds

By Robyn Epstein

Imagine being involved in an organization that the only thing a student needed was their mind. That's exactly what Odyssey of the Mind was.

OM involved many different components. Some groups were given the task of building a machine. They received many resources which they were allowed to use. Students were allowed metal, wood, old bicycles and even old farm machinery to incorporate into their creations.

Other groups had to design a skit for which the judges would view. They had to provide their own background, costumes and words. There was extensive amounts of rules in which the groups had to follow. There were two teams of students this year that participated in OM and in the regional and state competition.

"Our team was supposed to develop a Vaudeville show that discussed the positive aspects of society," junior Sarah Hagge said. "We worked hard on our costumes and backgrounds and researched the topic a lot to prepare."

Even though both teams didn't place high at state, many of the members felt that it was worth it anyway.

"OM breeds procrastination and chocolate pudding and really long practices," sophomore Rachel Pleasants said. "But it's a heck of a lot of fun."

Other students enjoyed having the opportunity to work with an array of materials.

"OM was pretty neat because we could mess around with cool stuff like canes, false mustaches and balsa wood," sophomore Ryan Greenlaw said.

Some of the members liked OM so much that they were involved with it for more than one year.

"I've been in OM since ninth grade," sophomore Josh Prins said. "It's an enjoyable activity. It's a great way to stretch your imagination because it emphasizes your creativity."

Although there was work to be done some of the meetings were used for other things.

"OM meetings consist of one or two mentions of OM, and several hours of talking, playing games and forgetting what we're supposed to be doing," freshman Ryan Jeffrey said.

Despite the occasional goof off session OM proved to be an interesting and educational organization for students to be involved with.



Before a weekly OM meeting Adam Niese prepares chocolate pudding. This was an inside joke between all of the members. (Photo courtesy of Evan Jeffrey)



Odyssey of the Mind. Left to right: Brian Nelton, Josh Prins, Ryan Jeffrey, Sarah Hagge, Bess Lewis, Kathleen Leeds, Ben Moehlmann, Nick Donahay **Not Pictured:** Rachel Pleasants (Photo by Jason Rearick)



Preparing to make his next move against his opponent, junior Ben Moehlmann, junior Aaron Coats plays chess in the lobby with juniors Marty Schmerr and Ben Spike looking on. (Photo by Alicia Ackerman)



During a free period in the lobby, juniors Bill Pendry and Laurie Anderson play a friendly game of chess. For moral support, junior Abdul Nuhu gave advice to Pendry. Many times when students had nothing to do they passed the time with a game. (Photo by Alicia Ackerman)

Sophomore Rachel Abbott assists sophomore Stacie Wilson in finding her classes. This was one of the most important tasks Ambassadors had to do. (Photo by Ariane Steffan)



Stringing all the ornaments and hanging them on the trees was another one of the many tasks the Senior Girls Club had to accomplish the morning of the dance. (Photo by Tanisha Cosby)





Sophomore Anne Barnhart smilingly helps sophomore exchange student Hannerina Moissennen to help read her schedule. (Photo by Ariane Steffan)

Tying balloons was one of the many preparations the Senior Girls Club had to accomplish the morning of the Winter Formal dance. Here, seniors Gina Olberding and Brandi Foley put in their fair share of time. (Photo by Tanisha Cosby)



During a bake sale, seniors Jenny Olson and Maria Lutz sell goodies in the lobby. (Photo by Ariane Steffan)





...r Girls Club. **Front row:** Kelly Day, Katie Rhodes, Jen Olson, Julie Swanson, Lisa ... **Second row:** Emily Patrick, Julie Anderson, Brittany Parks, Sara Britson, Shelley ...ing, Laura Bendig, Tanisha Cosby, Krisitna Sassman, Jenny Ellett, Jenny Bilskie. ...rrow: Amy Kilmer, Joyce Ng, Angie Madison, Sarah Thoren, Vanessa Burrier. **Fourth** ...enny Johnson, Heather Orth, Chandra Brace, Andrea Mundt, Niki Fisher, Carey ...r, Carey Wagner. **Not pictured:** Lindsey Rice, Liza Kelly, Jessica Ackerman, Emily ...e.



...ssadors. **First row:** Christina Peterson, Melissa Hariris, Jessica Keller, Lisa Biggs, ...er Peyser, Alyssa Speck, Jennifer Schmidt, Tessa Aurand, Angie Huls. **Second** ...eah Mills, Amalia Smith, Jennifer hallihan, Eddie mcElvain, Lori Hunger, Anthony ...an. **Third row:** Drew hamilton, Jackie Zenor, Sara Stevenson, Elizabeth Andre, ...er Whalen, Erika Saari, Kara Zeimet, Katherine Holger, Anne Barnhart, Becky ...o, Robyn Berning, John Hinrichsen. **Not pictured:** Rachel Abbott, Emily Bourne.



...Kristina Sassman helps out with cutting the window frame background ...used for the photographers. The Senior Girls Club chose this back-...ound. (Photo by Tanisha Cosby)

LEADING

the way to success

Helping hands and unrelenting ambition assissted new students and planned big events

by Emily Bourne

Behind every big event faceless, nameless people who spend countless hours preparing and working for the result to be a success.

The students of the Senior Girls Club were responsible for the success of the winter formal dance. They began to meet at the beginning of the year and held fund raisers in order to buy everything necessary for the event.

"The fund-raiser event that was the most fun we had was decorating car windows in orange and black paint for the homecoming game," senior Kelly Day said. "We also had a pop and donut day and a bake sale. That was the best way to raise money because people donated food and all of the proceedings went to our benefit."

But the most important thing the girls accomplished was getting all the decorations ready at work days and at the memorial union the morning of the dance. But hard work took time and was sometimes frustrating.

"It took three of us two hours to make a big moon out of cardboard," senior Lindsey Rice said. "Also, a lot of us got white spray paint all over our clothes painting the trees. It took a lot of time and dedication to get all the decorations set and ready for the dance."

Another group of students who worked together to enhance the atmosphere of the school were the Ambassadors.

Ambassadors, which were one or two volunteer students from each homeroom, tried to make new students welcome by bringing them all together before the school year began.

"We had a pizza party at the school about a week before it started to get acquainted with the new students," senior Jackie Zenor said. "Everyone met lots of people--it was a really good idea. They weren't just strange faces in the hall later on—we recognized them from the party. It made them feel more comfortable, and I still am in contact with a lot of them."

The most important role Ambassadors played was in assisting the students in finding their classes and answering any questions they might have had.

"It really helps new people to see a familiar face in the hall,"senior Niki Fisher said. "It welcome them to our school—Ambassadors achieves this."

Senior Girls Club and Ambassadors were both clubs that gave students the opportunity to work together for a cause, and as they worked together they helped others as well.

SAVING the World and Praising the Lord

From the enviroment to chess, Ames High held an organization for everybody

By Sam Grotewold



Revival. Front row: Jamie Day, Caleb Keller, John Reed, Kelly Day, Abi Cook, Jessica Keller **Back Row:** Lisa Cronin, Jenny Laethrop, Chris All Jake Ruppert

The 1994-1995 school year saw an extremely wide variety of student organizations, covering topics ranging from the enviroment to chess; from student-run government to student-choreographed dance.

R evival, a group started by the Christian students of Ames High, provided a time for those students that wanted to talk about their Christian faith and possibly become more comfortable about expressing their Christianity.

"Revival has really been a lot of fun and I am glad I am a part of it," said junor Jason Minion.

About fifteen students attended the Revival meetings every Friday morning, according to senior Max Cook. Cook said he was pleased with the number of students attending and said he hoped to see more students in the future.

Students Against Driving Drunk (SADD) suffered a dissapointing 1994-1995 school year, a year in which student membership numbered in the single digits.

The group, which met Fridays before school, held several special events to drum up school-backed support, including a massive project of placing a piece of candy and an anti-drinking and driving attachment on the windshield of every car in the parking lot. While the special treat may have been a welcome surprise, it failed to draw enough student support to be very effective in educating the students about the problems associated with drinking and driving in the state of Iowa and the United States.

STAND (Students Turning Away from alcohol and Drugs) was an organization to provide support and courage to students wishing to reduce or eliminate their drug and alcohol use. STAND also held several special events throughout the school year, ranging from special meetings to a day where every student to walk through the front doors to the school recieved a red ribbon to display their decision to be drug and alcohol free.

All members of STAND felt the organization had made many positive advancements in providing support to those students wishing to get away from drug and alcohol use.

Although there was not a single organization to meet the needs and interests of every student, the needs and interests of every student could be met in at least one of Ames High's organizations.



Stand. Front row: Helena Burgher, Jenny Schmidt, Brandi Foley, Elle Kitchell, Carla Williams **Back Row:** Mrs. Burnett, Charity Roberts, Mambw Mumba, Kim Swyter, Lynn Summers



At a SADD meeting, seniors Shannon Kenealy and Lisa Biggs discuss po bilities for special events designed to encourage student participation. SA held several special events throughout the school year. (Photo by Ari Steffan.)



At a Revival meeting in the cafeteria, junior Jason Minion, seniors Jennifer Laethrop and Max Cook, and sophomore Lisa Cronin and freshman Jamie Day plan the upcoming debate sponsored by Revival. The debate tackled the controversial issue of evolution/creationism. (Photo by Ariane Steffan.)



During an early-morning Revival meeting, freshmen Jacob Ruppert and Jordan Cook, and seniors John Reed, Peter Schupp, and Kelly Day discuss social issues in the cafeteria. Photo by (Ariane Steffan)



At a STAND meeting in the student services room, Mambwe Mamba, Jenny Schmidt, Helena Burgher, Carla Williams, and Karri Burgher discuss their decision to be drug free. (Photo by Ariane Steffan.)



Sophmore Ellen Kitchell, junior Charity Roberts, senior Carla Williams, and STAND leader Mrs. Burnett attend a STAND meeting in student services. (Photo by Ariane Steffan.)

Senior Tammy Clark helps out two customers while on the job. Clark worked at Ames Raquet and Fitness Center for her DECA grade. (Photo by Pam Hove)



Senior Maria Lutz copies a few items down on her inventory list. Lutz was employed at Merle Norman Cosmetics. (Photo by Pam Hove)

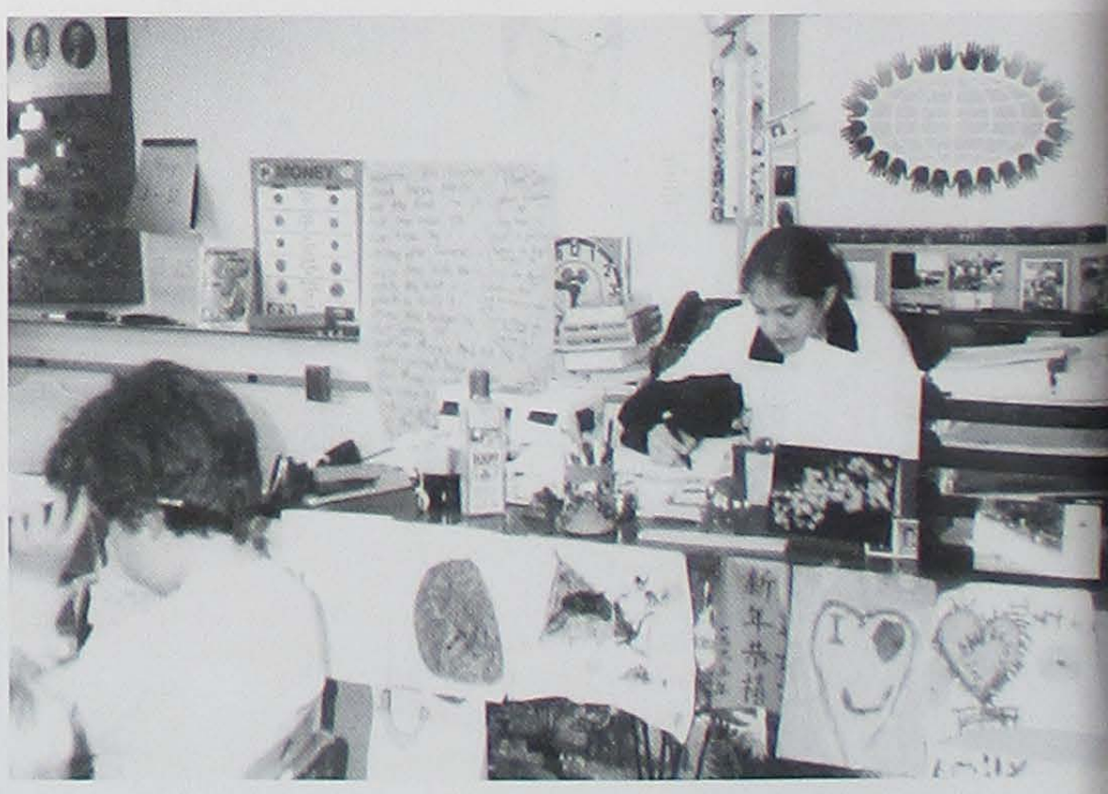


Senior Chris Sprong examines some of the under the counter merchandise. Sprong worked at The Coin Castle. (Photo by Pam Hove)



Senior Brad Nesset rings up a sale. Nesset already worked at The Cook's Emporium. (Photo by Pam Hove)





Keeping busy behind the teacher's desk, senior Andrea Mundt corrects students' papers. Mundt taught 2nd grade at Fellows Elementary school. (Photo by Pam Hove)



LOOKING ahead to the future

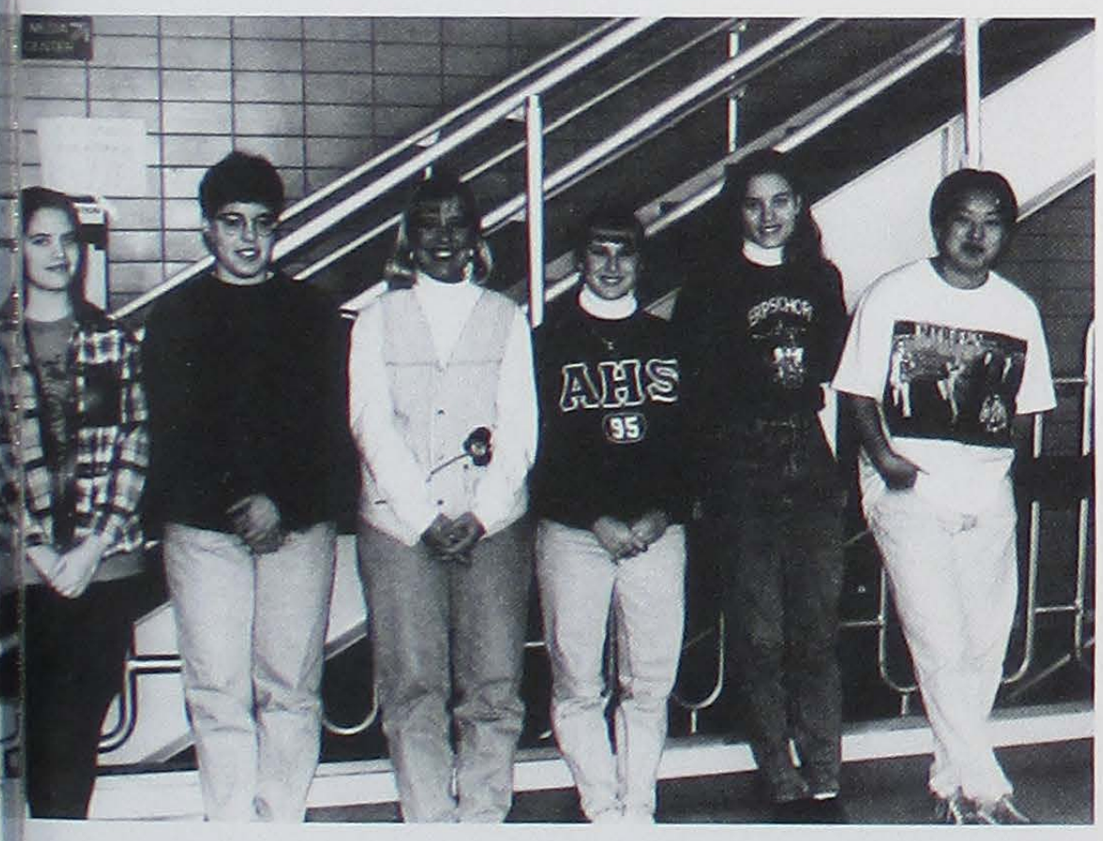
Seniors found courses which helped them get a head start in the job market

By Misi Emiola

semester Cadet Teaching (left to right): Seth Taylor, Trish Petersen, ra Brace, Jenny Ellett, Jamie Berg, Vanessa Burrier, Andrea Mundt. **ictured:** Catherine Gerrard, Kelly Johnson, Tony Tarbox.



Front row (left to right): N. Fraser, S. Britson, S. Jaspering, J. Schmidt, S. s, A. Mehle, J. Smith, M. Jarboe, C. Williams. **Second row:** B. Brousard, E. N. Dau, S. Thoren, R. Bowers, H. Orth, J. Stalheim, D. Beerman, T. Clark, H. . **Not Pictured:** B. Banker, E. Bappe, M. Dee, N. Evans, R. Kinart, J. Klaus, M. McLaughlin, B. Nesset, S. Roe, E. Spear, C. Sprong, D. Thode, Z. Wineinger.



d semester Cadet Teaching (left to right): Andrea Mundt, Mindy r, Jamie Berg, Kelly Johnson, Heather Wright, and Jack Liao. **Not Pic-** Trish Peterson.

Imagine being sent back in a time warp, back to the times when a high school teenager was the closest thing to an idol there was. Imagine being sent all the way back to second grade, except this time the shoe was on the other foot. Cadet teaching gave students an opportunity to experience life as a student teacher.

"Everyday when I walked in, I got a bunch of hugs and someone always yelled, 'Chandra's here!'" senior Chandra Brace said. "It took me back to that age because I remember going through that same experience. It taught me a lot about patience and got me in touch with how in used to be."

In some cases, students learned from the kids that they taught.

"I learned more from those third graders than I could ever had taught them." senior Seth Taylor said. "I ended up looking up to them because they were so friendly and accepting. One time, I went out to recess with them and a whole mob of them tackled me when we played tag. They all thought I was dead until this little boy named Ryan jumped on me and stuck his thumbs in my eyes to prove I was still alive."

Distributive Educational Clubs of America (DECA) was also a learning experience for seniors. Students had to work 10 to 15 hours a week and also go to a marketing education class in order to pass the course.

"In class we learned all the aspects of marketing, management, and sales," senior Brad Nesset said. "We also competed in conferences all over the Midwest. Part of my job as president of Iowa DECA is visiting other schools to tell them about the program and expand membership."

Membership in DECA proved to be a good asset to a senior's job applications.

"DECA has a great reputation and it's a lot easier to get a job when they see that you've been in it," senior Stacy Strovers said. "DECA also helped me expand my horizons. I'd never thought about a job in marketing, but it's so interesting that I might look into it as a possible career."

Students who had already chosen a career used DECA as a test to see if they had made the right choice.

"I already wanted to major in bookkeeping, but I wasn't really sure what it was all about," senior Jenny Smith said. "My job got me really excited about management and so I've decided to major in that."

Whether it was DECA or cadet teaching, seniors found both classes to be valuable influences on their futures.

PREPARING for the future

VICA and Health Occupations created skills students needed for the rest of their life

By Robyn Epstein



VICA. Front Row: Faith Smith, James Magie, Steve Kiner, Brandon Grad
Back Row: Mr. Don Faas, Heath Klatt, Justin Kepley, Kevin Heggen, A
Madison, David Begg, Mark Hatten, Gabe Hathaway Not Pictured: We
Forrest, Thomas Stenberg

When the thought of the future came to mind, students wondered if they would be prepared to live on their own. By getting involved with VICA(Vocational Industrial Clubs of America) and Health Occupations they had a chance to help their future.

Students involved in VICA were required to work at least fifteen hours a week at an industrial type job. Some students worked on cars, others worked with concrete.

"This program gives me the chance to go to a job I might pursue in the future," senior David Begg said. "We also get to do a lot of different things that we don't usually get to do in other classes."

Besides going to class each day and working on the job, the students who participated in VICA had the opportunity to do many fun activities and projects.

In February the group visited the capitol and had lunch with a few of the state legislators. It gave the students an opportunity to discuss issues and get their feelings on certain political topics.

VICA also taught students how to manage money and gave them leadership training. Being involved with the program handed the students knowledge and skills they will use for the rest of their life.

Health Occupations is a class that meets five days a week, and gives students a chance to get involved with a job that is related to the health field.

"I took Health Occupations to explore the field of medicine and medical care," senior Dan Vogel said. "I wanted to see if I liked it."

Some people decided that none of the job options looked appealing so they thought up their own occupation.

"I wasn't interested in physical therapy, or working at the hospital," senior Lisa Biggs said. "I work three to four times a week at Dr. Wass' office."

As for being beneficial in the future, even if every student didn't go into the medical field, it proved to be a good experience anyway.

"Either way I learned a lot about hospital care," Vogel said, "which could be helpful in the long run."

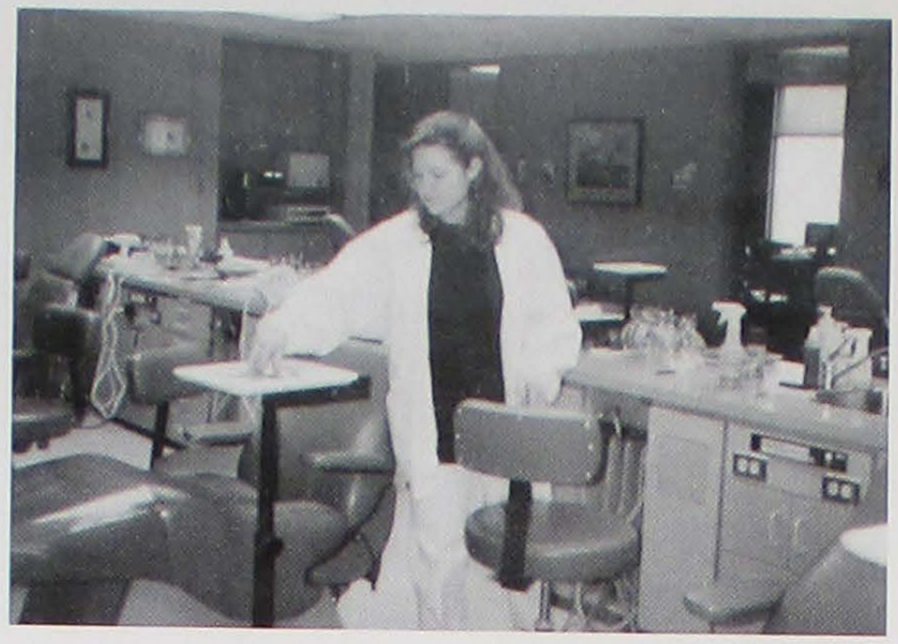
Both programs provided a source of learning for each student and skills that will be required when they are out on their own. By using tools that they learned in VICA and Health Occupations, students will be better off in the real world.



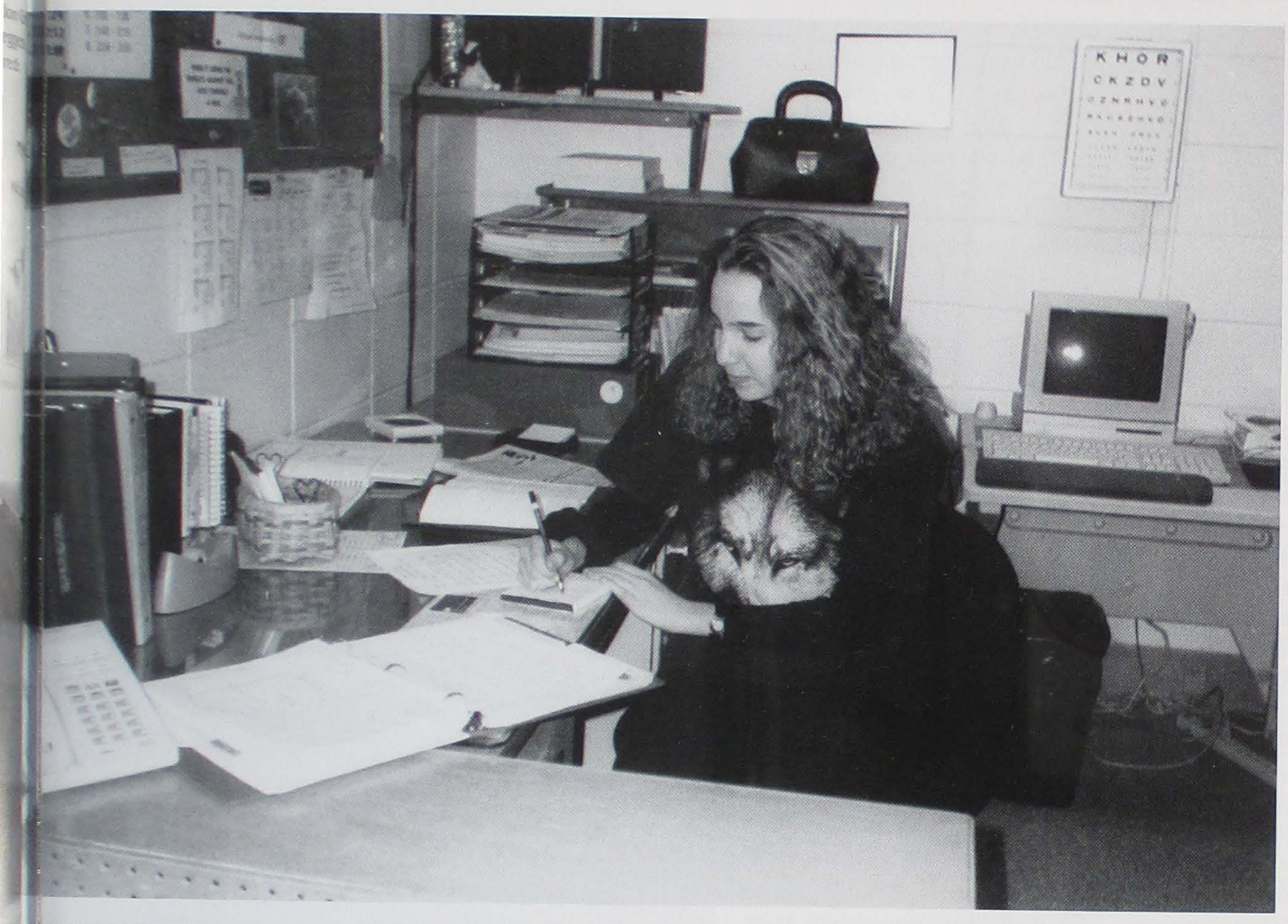
Senior Justin Kepley takes money for gas from a tomer at Texaco. He worked there throughout the w to stack up the minimum required hours for VICA. (Ph by Pam Hove)



Senior Brandon Graddick cuts struts for a combine grain head reel at Universal Harvester as part of the VICA program. (Photo by Pam Hove)



Getting ready for the next patient, senior Lisa Biggs sets up the tray with the instruments. She worked as an orthodontic assistant at Dr. Wass' office. (Photo by Pam Hove)



Junior J.C. Elbert writes a pass for a student. She helped out in the Nurse's office during the day as a part of Health Occupations. (Photo by Pam Hove)



Senior David Begg works on a car at Denny's Automotive. He worked there as a part of the VICA program. (Photo by Pam Hove)



During her job at a daycare, senior Lori Jones plays Cats Cradle with one of the children she watches. Jones worked there to fulfill the required hours for Health Occupations. (Photo by Pam Hove)

Freshman Daniel Hummer uses the remaining minutes of class to go over a piece. For musicians, practicing helped them perfect their skill. (Photo by Jason Rearick)



Sophomore Priya Kothari prepares her violin before a daily Orchestra practice. Each student had time before class started to get their instrument ready for play. (Photo by Jason Rearick)



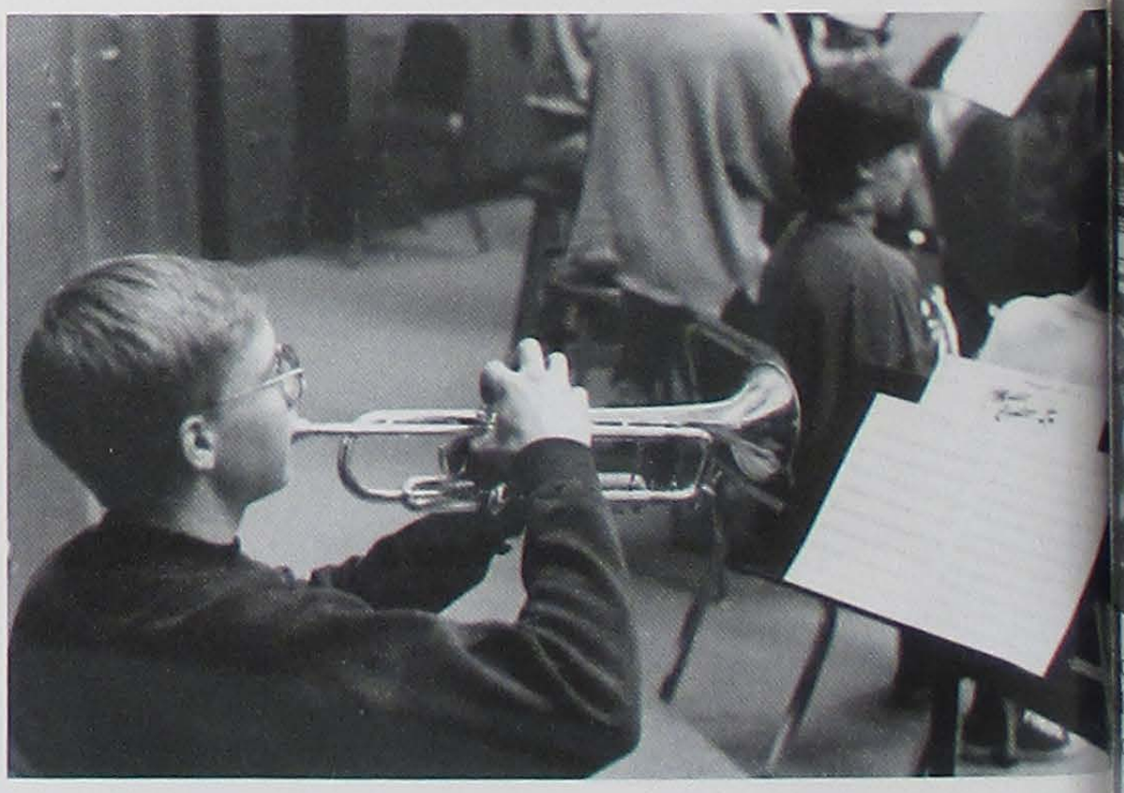
During an Orchestra rehearsal the brass instruments practice with the strings and drums. In order to play their best, the Orchestra needed time to practice all together. (Photo by Jason Rearick)

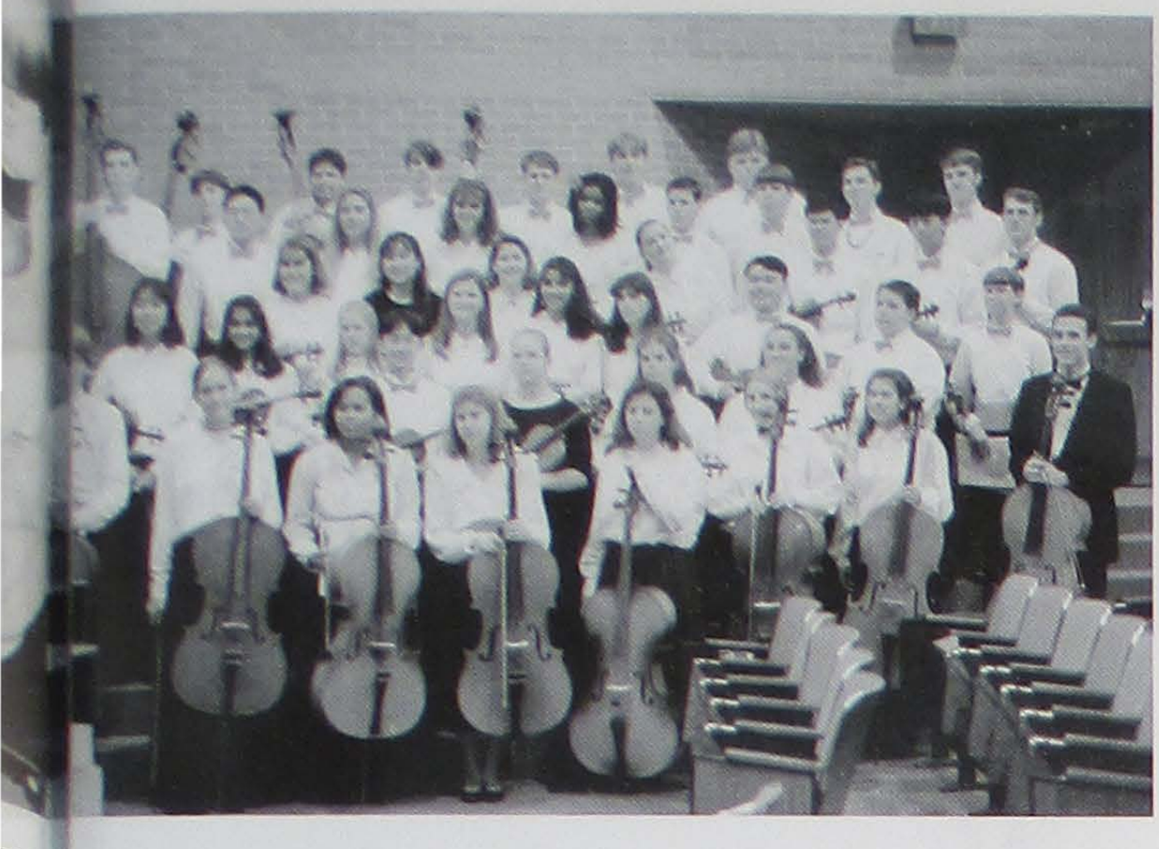


During a group practice the winds section works on a piece for the Orchestra's next concert. The concert was only a few days away. (Photo by Jason Rearick)



Sophomore Paul Sibbel warms up his trumpet to play during a practice. Warm-ups were a key part to better playing. (Photo by Jason Rearick)





tra. **Front Row:** Ben Moehlman, Annie Gatewood, Kelly Garrison, Amy Bungart, Nicole Torres, Pohlman, Naila Meyers **2nd Row:** Steven Chang, Millie Dowling, Emily Myers, Howaida El-Khabiry w: Joyce Ng, Ujjaini Mitra, Melissa Fatland, Andrea Hugdahl, Priya Kothari, Cassie Rice, Jack Liao, Stairs, Daniel Hummer, Mert Sermet **4th Row:** Petreya Juelfs, Susan Hsu, Ashley Younie, Elizalone, Andrew Yee, Michael Chang, Justin Reedhead **5th Row:** Michael Choi, Katie Rhodes, Missy ch, Adina Rollins, Gavin Martin, Jordan Cook, Aaron Dieter, David Good **Back Row:** Jeremiah Joe Ward, Gabe Padilla, Jim Norris, Dan Slutsky, Eric Rourke, Max Cook



ni Sabrina Shields and sophomore Michael Morain practice a new piece sic during a during a rehearsal. It was important that they learned the because their winter concert was only a few weeks away. (Photo by Rearick)



more Adina Rollins and senior Aaron Dieter socialize during a break in ce. Many of the members were friends outside of Orchestra class. by Jason Rearick)

PRACTICE

makes perfect

A pleasant atmosphere and good music made this year's Orchestra a success

By Robyn Epstein

The Ames High Orchestra is a combination of many things: hard work, nice people, and a good instructor.

In general, Orchestra is a good class to develop people and musical skills.

"Not only is Orchestra a time to take a break from regular classes, and provide variety to my life," junior Andrea Hugdahl said, "but it also stimulates my musical ability and joins me with others like myself."

To prepare for concerts they played in, many students had their own personal schedule.

"I spend forty-five minutes looking for my black skirt and white blouse," junior Noëlle Padgitt said. "Also I practice and imagine what the rest of the orchestra is playing."

"I practice as much as I can," sophomore Andrew Yee said,"even if it's only for fifteen minutes a day. I try to stay active and feel it is my responsibility to practice since I am in Orchestra."

Students also had many reasons why they felt Orchestra was worth their time.

"I like the people involved in it," senior Jack Liao said. "Plus, the teacher is a person you can relate to and she is very understanding."

"Besides the people, I really enjoy the repoitoir," Yee said. "It's very challenging and helps my individual violin skill immensely.

Many of the participants have been actively involved for many years.

"I've been a member for six years," freshman Elizabeth Malone said. "I joined because I like music and I enjoy playing string instruments."

As other activities were a big commitment and took away from a person's free time, students thought Orchestra was just the opposite.

"Sure we have a class period, but that's really just practice," Liao said. "Other than that, there are only a few concerts and Mrs. Polashek gives us the dates for all of them at the beginning of the year."

"Practicing sometimes takes a lot of time," Padgitt said,"but I don't see it as a burden. I enjoy being involved with such a nice group."

When it comes right down to it, Orchestra has a purpose, and that's to entertain.

"It seems like everyone is there to make music and everyone works together to produce results," Padgitt said.

Being a member of Orchestra can be rewarding. Having a goal and achieving it can satisfy anyone.

PLAYING with the best of them

How some students are working to become musically and socially involved in school.

By Jennifer Whalen

Most of the students at Ames High at one time or another have tried extracurricular activities such as basketball, softball or tennis. Some have even tried speech club or choir. But one of the most popular activities is band.

There are many different kinds of bands students can get involved in. All band students, though, are required to be in one of three bands: Freshman, Concert or Symphonic. The freshman band is only for freshman, the Concert band is for students in grades 10-12, and the Symphonic band is a select group of students who have auditioned to be in it. When asked why band was so fun, many different answers were given.

"I am in band because it is a very relaxing class and there are really no academics involved," senior Jason Wray said. "All the cool people are in band."

The social aspect of band is one thing that seems to keep people in the activity. Laura Howard, a member of the Concert band, agreed.

"I like band mainly for the social aspect of it," junior Laura Howard said. "A lot of my friends are in it".

Although the social aspect of band was a major reason people chose band, it was not the only reason.

"The reason I'm in band is because it will help me to fill my college requirements," freshman Brandon Whalen said. "It will also look good on a college application."

Looking good on an application is one reason people go out for band, another is the extra curricular activities involved as well as the different experiences.

"The best thing about band this year was the annual Band Raid," junior Sabrina Shields said. About 60 members of the marching band met at Mr. Gartz's house at 3 a.m. and played "Loyalty." We then piled into our cars and made a big caravan out to Mr. Achter's, Mr. Anderson's and Mrs. Hall's houses. Afterwards we all went to Donutland. There was this guy working and when we went in he started yelling, "NO! Go Away! I think he was serious."

While there were many extracurriculars to chose from at AHS, band students gained an appreciation for music while having fun.



Ames High Symphonic Band



Ames High Concert Band



Ames High Freshman Band





Sophomore Kathy Craig eyes her music as the concert band practices during there 5th period rehersal time. Lots of band students enjoy the time they spend with friends during 5th period. (Photo by Jason Rearick)

For most students, band is the fun part of the day in terms of socializing with friends. During Concert Band's practice time, lots of students were crowded together as they searched for their instruments. (Photo by Jason Rearick)





Playing diligently on their trombones, the concert band practices hard for an upcoming concert. During the year the concert band participated in numerous concerts. (Photo by Jason Rearick)

Ethan Dunham sits patiently at his drum waiting to start band practice. (Photo by Jason Rearick)

During the football season, the symphonic, concert and freshman bands join together to form the Ames High marching band. Megan Stegge, Chris Strasburg, Nathen Johanson, and Matt Peterson play there drums to the beat of the music.

Mr. Gartz uses a bull horn to talk to the band during one of their practices.





Forming straight lines and creating appealing formations takes time. Students worked many hours to perfect their routines.

When the weather cooperates the marching band usually takes their 5th period practice time to go outside and practice for their games. Students of the band try to walk in straight lines while skillfully playing their instruments.







SPIRIT of Music

Some students decide to take their music further and become AHS's SPIRIT

By Jennifer Whalen

Marching Band



Pep Band



neeishea parade is always a big event for the marching band. Although it anet hot with those black uniforms on the band seems to be hanging in ier as they march the streets of Ames and Iowa State University. (Photo y hily Bourne)

"There's all different kinds of bands," freshman Brandon Whalen says. " Freshman band, symphonic band, concert band, jazz band, marching band, honor band, rubber bands, PEP BAND, and that's about it."

Taken from the words of Bubba from " Forest Gump" the above quote explains how many different bands you can get involved in at AHS.

Most people like the idea of having the opportunity to do extracurricular band things as well as doing the required band things. Marching band is required but is usually enjoyed by many of the band students.

"This year I was chosen to be a squad leader," junior Laura Howard said. "My duties were to instruct the freshman on how to come onto the field and position themselves accordingly. I was also supposed to show the freshman, plus the other people in my squad, how to march. Believe it or not, that was the most diffcult task. It was funny though because the people in my squad, especially Joe, knew more about my job as squad leader than I did."

Each year the week before school starts is dedicated to teaching the incoming freshman how to march. Though the week is a long one, it always pays off. Finally the fun part comes when the band gets ready to play at their first football game.

"Band is filled with crazy, wacky people, so that's why it's so fun," junior Noelle Padgitt said. "We really get into the games and behind the team and I think that helps rally the crowd and the football players."

Students also get involved in pep band and jazz band. Sophomore Josh Prins, a member of jazz band, thought that jazz band was fun but more challenging.

"Jazz band is fun because the music is a lot more difficult than in regular band," Josh said. "Usually each person is the only one playing their part, so if they mess up, it's easy to figure out who it was."

Pep band draws many students to it.

"I think people come to see the pep band, not the basketball players," sophomore Joe Stansbury said. "I also liked seeing our favorite college freshman come back to every high school basketball game."

Extra-Curricular bands help people to get involved in school. So in the words of Aaron Ritz, a freshman pep band member, "Band, it happens!"

SINGING with style

Ames High choirs are working to perfect their voices as well as the time they spend singing

By Jenny Ellet

As students pass the Vocal Music Room, the sounds of the freshman, concert, and treble choirs are heard ringing throughout the hallways. Inside, these choirs are practicing hard trying to learn their music before the next concert. When asked what they enjoyed about choir, students gave many answers.

"During choir practice it seems really repetitive since we sing the songs over and over, but at the concert when the spotlight is shining on us, it is a rewarding feeling and all the practice pays off," sophomore Heather Herold said.

Most choir students felt that they benefited from the class period, even though they didn't like the repetitiveness of drilling each voice part; however, they did agree that it was all worth it in the long run.

"At first every one sings her own part separately, so it doesn't sound like a real song," freshman Christy Rippey said. "But after every part practices, we put all the voices together and it feels like we become one choir rather than a lot of separate voices."

But other students felt that the class periods weren't always as helpful.

"During class it seems like the whole time is spent working with the altos or the sopranos on their individual parts," sophomore Brian Good said. "I'd rather just get the music, look at it, and sing it right away with everybody, and practice from there.

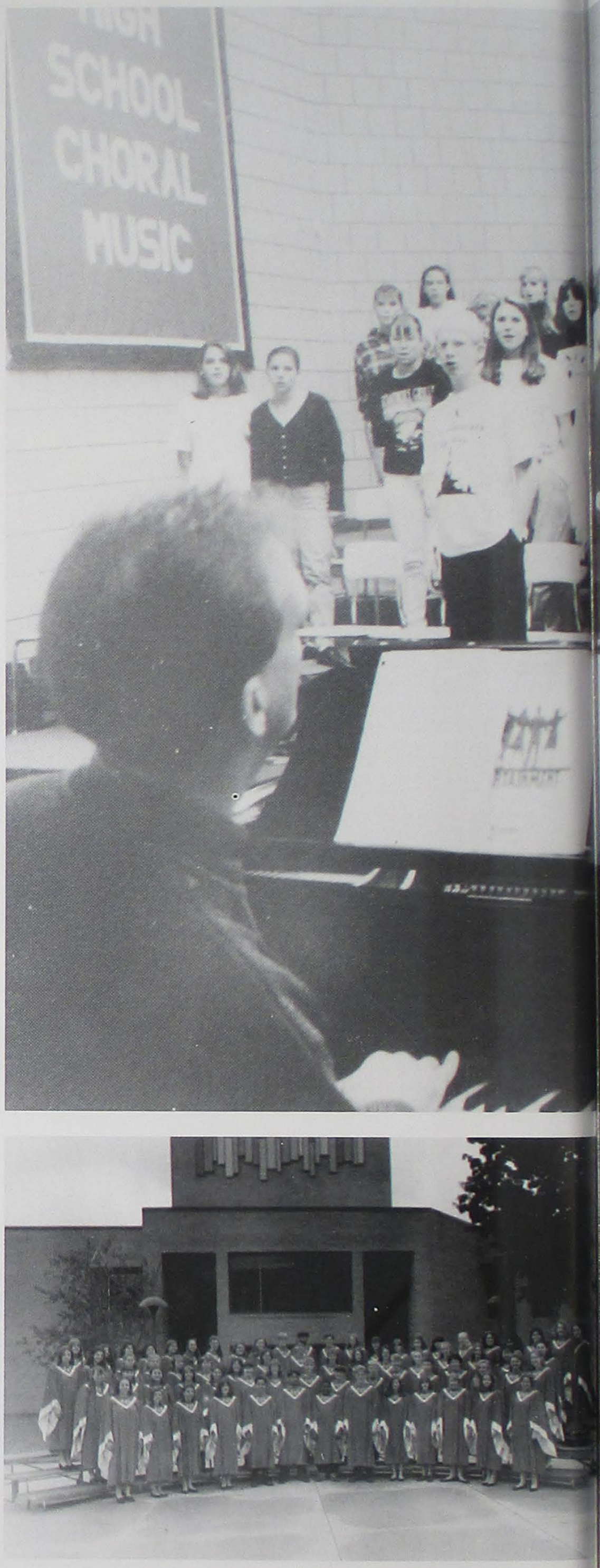
Some of the choir students thought that they had made progress from the beginning of the year.

"I think the chorus has made good progress since we first started out," freshman Jennifer Lee said. "During class when he (Mr. Linn) works with the different voice parts, everyone has learned how to use the time to themselves. All the practicing during class shows at the concert when people from the audience compliment your performance afterwards."

Most of the time, the choir felt that the time spent in class was worth it, the concerts went well as an effect of all their hard work.

"I'm glad we get the class period four times a week to work on our songs," sophomore Kara Zeimet said. "It really helps our voices develop and become stronger, and everyone learns how to work together."

While the sounds of music filled the air in the Ames High hallways, the notes traced back to the vocal music room where the choir was working hard for perfection.



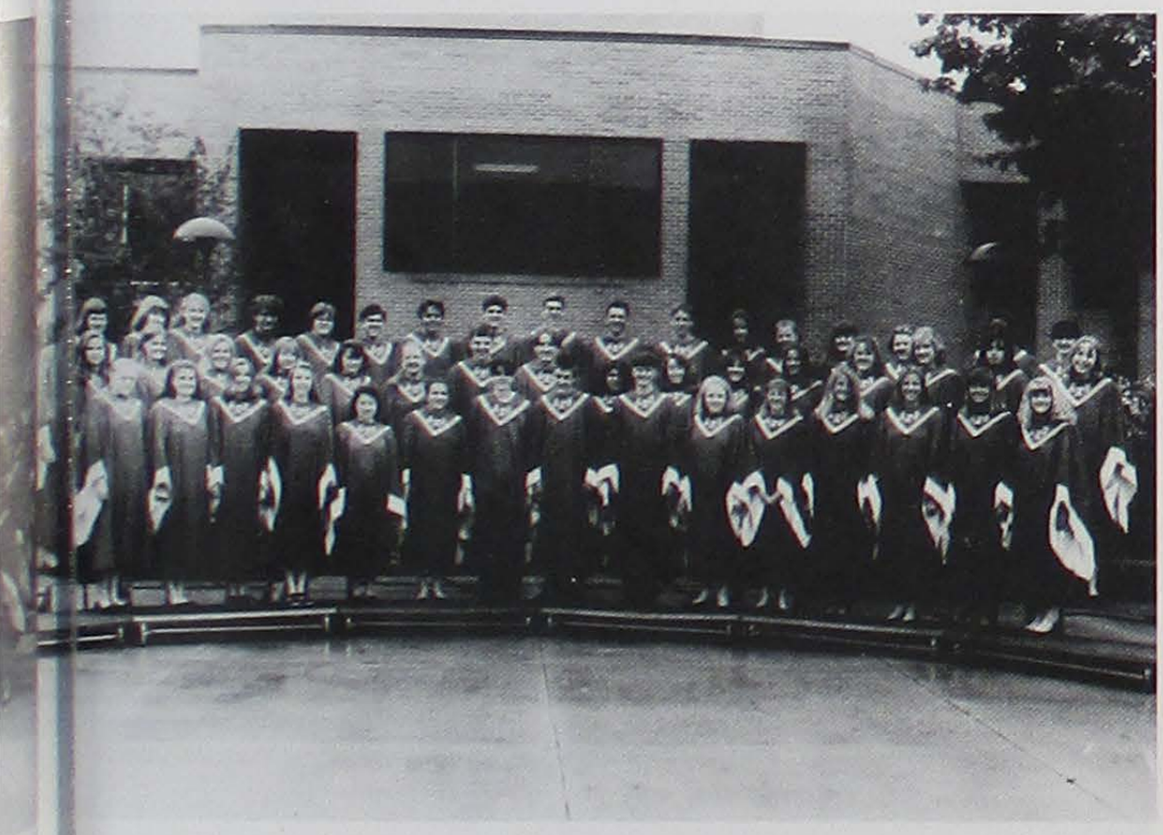
Concert Choir



This year the freshman choir took home a II from contest. A II is the second highest rating and is an excellent score for a beginning choir. The Concert Choir also earned a II at contest.

Jennifer Rehbein decided to join everyone else on the choir tour by signing her name to the already full wall at Gino's. Jenny later took the balloon in her hand and joined everyone else in sucking the helium from the balloon.





Freshman Choir



The freshman choir put countless hours of practice in before contest.



Barrett Randell, David Good, Joss Nichols and Chris Tuttle take a moment for their families to take pictures after the Madrigal performance.

Madrigal is the most hectic time of the year for vocal music. David Good, John Bety, Sara Stevenson, Joss Nichols,Barrett Randell, Sara Teas, Emily Bourne, Jackie Zenor, Mr. Linn, Emily Patrick Julie Anderson take time out to pose for a picture after the madrigal dinner. (Photo from Emily Bourne)





The time before a performance can be the most challenging time for singers.

Pam Olson, Jenny Lathrop and Alan Hertz share a laugh when Pam attempted to eat her ice cream at the banquet in Chicago. The banquet was for all of the participants of the festival. (Photo by Missy Harris)





CHICAGO or bust

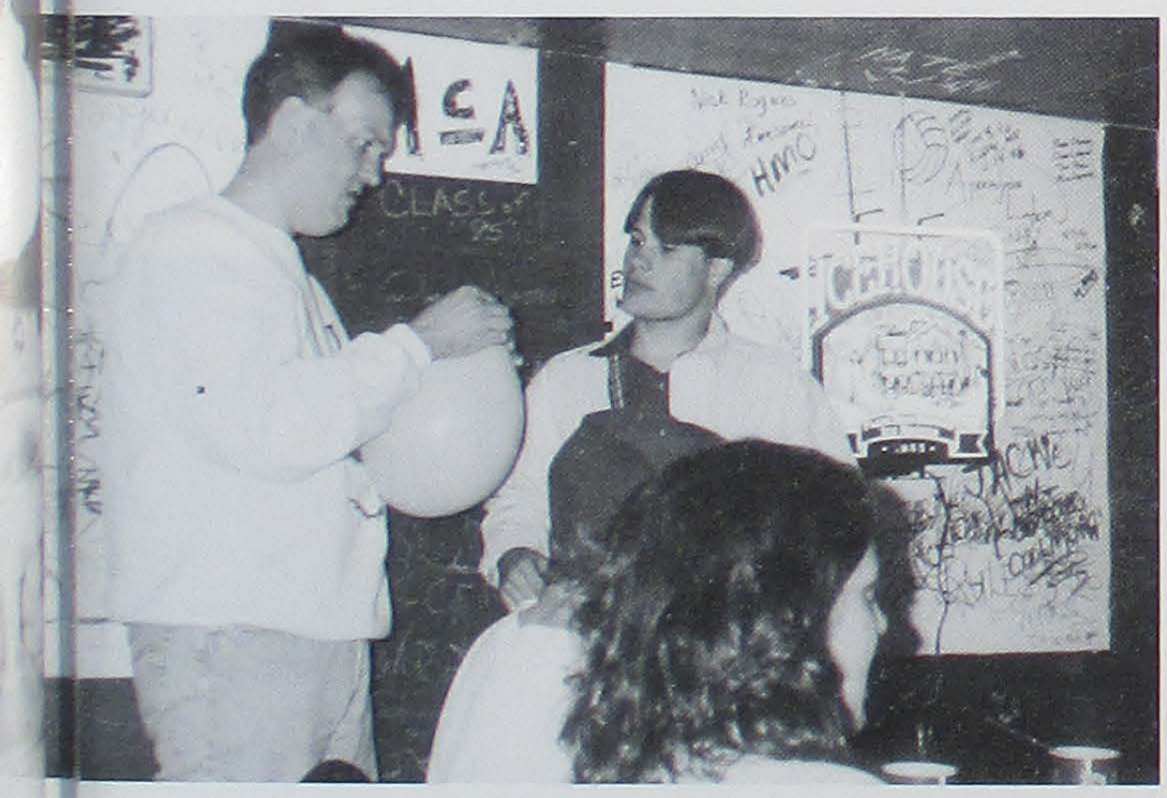
The Concert Chorale students made their way to the windy city and struck gold

By Jennifer Whalen

Concert Chorale



ncert Chorale is known for singing challenging pieces of music. All of the rtwork that the choir puts into the music though ends up paying off and e ncerts are always big hits. (Photo by Alicia Ackerman)



n East was just one of the many interesting places the choirs went to in ngo. Mr. Linn and Eric Lemkuhl decided to provide some after dinner ainment. (Photo by Jenny Whalen)

What do you get when you have 128 choir students, a music festival and Chicago Illinois? The answer is the 1995 Ames High choir tour.

The Ames High Concert Chorale, along with the concert and treble choirs took a 4-day fun-filled trip to Chicago to take part in the Music Maestro festival.

In addition to competing against other choirs, the festival included tours of the Sears tower, the Museum of Science and Industry, the Shedd Aquarium and the Adler Planetarium. With all of this sight seeing the choir still managed to make time for shopping, too.

But it wasn't all fun and games for the choirs. Hours of practice paid off for the groups. The Concert Chorale came away with a superior score and a gold trophy from the competition. In addition to their superior score, choir members had many other memorable experiences.

"Going to Ed Debevics was one of the high points of the trip," junior Robyn Epstein said. "Having waitresses call us slops was just so ironic."

Eating at Ed's was considered a highlight for most of the people that went on tour.

"Choir tour was a unique experience for all of us in choral music," sophomore Marc Scholten said. "It was good singing with other choirs from all over the Midwest. Besides just singing, it was fun sight-seeing in Chicago. Our visit to Ed Debevic's restaurant was definitely the highlight of the tour for me. The courteous and cordial employees appreciated our singing immensely."

Other exciting things that some of the choir members were involved in was the madrigal. The madrigal is a group of 28 select singers who performed at various school functions as well as creating a madrigal dinner for the public.

"The madrigal dinner this year was a special experience for me," junior Emily Silet said. "Sabrina Shields and I did the sword fight and somehow the sword was loose from the handle and, in the middle of the fight, my sword flew back to the head table where it almost impaled three people. Fortunately for me, the audience laughed and we went on with the fight, but I was shaking so hard I could barely stand up."

From bringing home the gold in Chicago to returning the audience to the Renaissance, the Concert Chorale and the Madrigal Singers entertained a variety of audiences.

DANCING to a different beat

Students express their true colors in the Terpsichore dance prouction

By Shannon Kenealy

From "Simply Irresistible" to "Tear In My Hand" and "Batman" to "Nintendo," the Terpsichore production proved to be as diverse as the student body performing in it.

The quality of the production could be credited to this diversity and a lot of hard work and planning by the students.

It began with try-outs for the auditioning dancers Many students agreed they were a stressful but necessary process.

"Try-outs seemed a little nerve-wracking to some, but I think they helped to show which students would fit best in certain dances," sophomore Lindsey Litchfield said.

Once the dancers were selected and assigned to production numbers, the creative work of choreography began. Many students interpreted this part of the process as an expression of their personalities and life experiences.

"Carisa Ripley and I both like the movie "Grease," so we made up a dance to the song "Grease Lightening," junior Melissa Peterson said. "It was so fun, we both decided to perform in the production with our dancers."

The opportunity to improvise and express individuality was a high point of the dance experience for some of the performers.

"I really enjoyed Terpsichore because my choreographers pretty much let me express my own personality," junior Mike Popelka said. "The dances I was in had good lyrics and beat, so I just did my own thing."

Reflecting upon her own experiences and observations with Terpsichore, one dancer credited the success of the show to a variety of factors.

"I enjoyed the show for a lot of different reasons," senior Lisa Biggs said. "There were unique costumes, dances, props, and, of course, people. It seemed that there was a type of dance for everyone."

Terpsichore drew much interest from students because it was student run and involved anyone willing to commit their time and effort . It gave students who may not have had a dance background the opportunity to express themselves through a unique art form. The result was a student performance that not only pleased the audience, but also the creative and expressive side of the student dancers.



Seniors Sarah Teas, Aprille Clarke, and Pam Olson perform serious (tongue-in-cheek) still-life between dance performances. The choreographers created the still-lifes in order to allow time for dancers to change and prepare for back-to-back dances. (Photo by Alicia Ackerman)

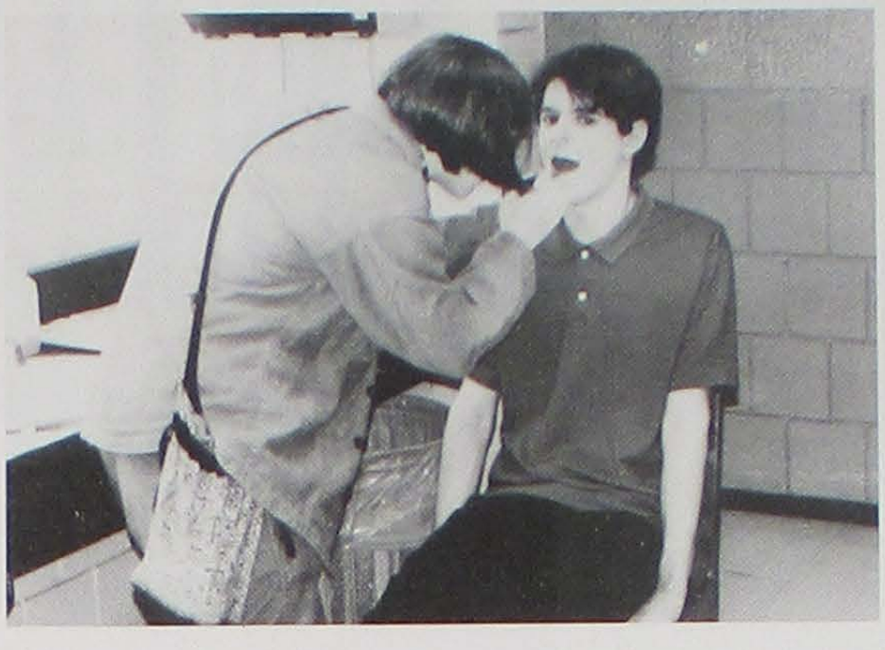




...ior Sevond Cole grace-
...ully dips senior Jenny Ellett
...n Emily Olson and Meredith
...Richardson's dance "Simply
...Irresistible." (Photo by Ali-
...cia Ackerman)

Seniors Niki Fisher, Sara Stevenson, and Sarah Teas show an abstract side to dance in their masks and unitards. (Photo by Alicia Ackerman)

During rehearsel for their one act, *Ledge, Ledger, and the Legend,* juniors Mike Popelka and Chris Allen work on memorizing their lines. The play was performed on May 18 and 20. (Photo by Alicia Ackerman.)



Before a performance of *In Sight,* Ames High Theatre's spring production, junior Ellen Serfass applies lipstick to sophomore Greg Willard. (Photo by Alicia Ackerman)



Juniors Dion Harmon and Aaron Dieter on stage for their one-act. Eight one-acts were performedMay 17-20. (Photo by Alicia Ackerman).



Junior Jenny Anderson blending in Junior Dion Harmon's make-up. Last minute make-up touch-ups were an essential part of every production.



Juniors Dion Harmon andEddie McElvain congratulate each other after their one act. (Photo by Alicia Ackerman)





Drama productions offered actors full versitility in expression

IN SIGHT

By Sam Grotewold

Mike Popelka needed some really loud death metal music. Sara Siebert searched for a hat with fruit stuck to it. Dion Harmon was looking for a purple gerbil and a staple gun.

These three students each held a role in the Ames High Theater's spring production, *In Sight*..

In Sight, performed in the auditorium on April 6, 7, & 8 differed from drama productions of the past in several respects. Instead of one play that each actor held a role in, *In Sight* was composed of 50 different monologues written by writers across the nation. Every performer was cast in a single monologue and sent out...all alone...on stage.

Students were also given freedom to choose their own costumes, props and music, which was something most actors/actresses weren't used to.

"I really appreciated the freedom we recieved while working on *In Sight*," junior Alicia Ackerman said. "I hope we receive this much freedon in the future."

"It was really interesting," junior Popelka said. "If I wanted to say a line a certain way, I could. And if I changed it a little bit the next night, that was OK too."

In Sight presented new subjects and ideas audiences and performers, with monologue topics ranging from marriage to heavy metal concerts, and from child abuse to flesh-eating taco salads. 45 students participated on stage during *In Sight*, with another 20 working behind the scenes.

"This was my first play, so I didn't really know what to expect," junior Eddie McElvain said. "I'm glad to say it was immensely enjoyable." As audiences left the auditorium and drove off into the semi-warm April evening, they all agreed on one thing: *In Sight* was well worth the trip.

As the curtain fell on the spring play, Ames High began preparing for another hallowed tradition— senior directed One Acts. This year saw plays directed by seniors Sara Stevenson, Joss Nichols and Jackie Zenor, Joe Levine and Dave Sosnouski, Jonothan Burns, Meredith Richardson, Sara Weitzel, Aprille Clarke, and Elizabeth Furr.

The Senior Directors now found themselves in complete control, a position that was not always what it was cracked up to be.

"It can be exciting, because you're in complete control," said Richardson, "But it can definitely be a power trip."

The OneActs were presented on May 17-20.



Rain, sleet, hail or sn
didn't stop student fr
braving Iowa's forec
between classes. Due
the construction p
table classrooms w
moved to the North pa
ing lot, causing ma
students to have to fa
mother nature all y
long. (Photo by Jas
Rearick)

A LITTLE BIT OF EVERYTHING

During April, many students went to hear President Clinton speak during his visit to Ames and Iowa State University for an Agricultural Conference.

Many fundraisers were geared to help Beth Huff, a second grader at Fellows, after she was diagonsed with bone cancer. Well over $2000 was raised to help Huff and her family with medical costs.

Many groups such as the Indigo Girls, Boyz II Men, Eagles, Tori Amos, Sheryl Crow, Amy Grant, Rolling Stones held concerts in Ames.

Robert Thomas Dancenter's Competition Jazz classes (which had many AHS students) won over fifty awards throughout the year and performed at a girls and also a boys basketball game in February.

The addition to the west side of the building caused chaos throughout the year. The construction added a new Media Center, Computer Lab, and science classrooms to the building.

The junior class presented prom 95' entitled *Midnight Masquerade.* Many students were upset that the chosen theme beat out *Disco Inferno,* another candidate for this year's theme.

On May 25 315 seniors graduated at Hilton Coliseum.

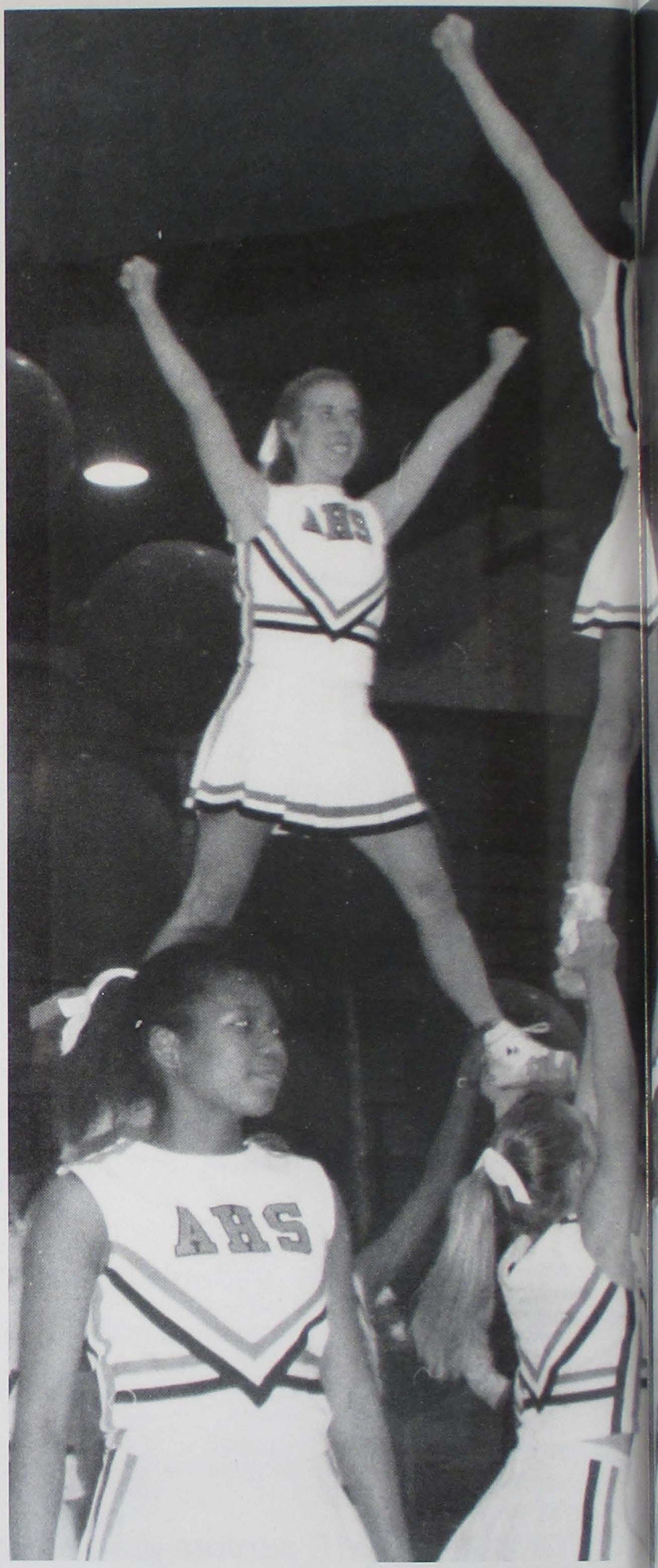
At the homecoming assembly, senior cheerleaders Jenny Bilskie and Melissa Green led the crowd in cheers to psych them up for the homecoming game against Urbandale which Ames won, 41-24. (Photo by Robyn Berning)

Senior Karen Moon smiles as senior Angie Huls hugs her in congratulations after she won the Homecoming Queen crown. A special assembly was held for the homecoming court in which the king and queen were announced. (Photo by Robyn Berning)





On the sidelines while the annual homecoming parade was going by, sophomores Lindsey Litchfield and Beth Foote sold balloons. The profits went to their student council. (Photo by Kristi McConnell)





Jungle Spirit

Homecoming week was filled with activity, laughter, and victory

By Emily Bourne

Colorful banners swayed in the wind on the treetops. Cars zoomed into the few remaining parking slots, decorated in orange and white. Above the front door a sign read, "Welcome to the Jungle."

> *"Students in the future can take pride in Ames High and remember the class of 1995."* –senior Matthew Robinson

Homecoming week was full of activities in which students showed their school spirit. The second annual homecoming parade was held that Monday night.

"I helped build the sophomores' float," said sophomore Cassie Rice. "The parade is a great idea to kick off the week because a lot of people watch it and it gets everybody in the homecoming mood."

Creative ideas sparked the excitement for homecoming week. One group who contributed a lot to making it a success was student council.

"We felt we needed to give homecoming a quick start," senior co-president Matthew Robinson said. "Our idea was to paint cyclones along the sidewalks and parking lot. Besides catching the spirit for homecoming, this will be permanent and students in the future can take pride in Ames High and remember the class of 1995."

The cheerleaders led the crowd in cheers in the gym that Thursday night, then in a snake dance to the annual bonfire.

"At the bonfire, everyone was screaming and clapping," freshman Katie Bourne said. "It gave people from all different grades a chance to come together and show school spirit."

All of these activities led up to the spectacular homecoming game against Urbandale at the end of the week, which Ames won, 41-24.

"Homecoming ruled. We had these huge speakers that psyched up the crowd. Some seniors painted their faces and stomachs in AHS colors and the crowd was a huge support to the team," said senior Joe Levine.

Students barely had a chance to sit down during all the festivities homecoming week. As senior homecoming King John Baty said, "If you can't stand a little monkeying around, get out of the jungle!"



The first day of the week, band members played the fight song and cheerleaders greeted students in the lobby before school to kick off the homecoming celebration. (Photo by Alicia Ackerman)

Time to Party

When school lets out on the last day, all students have one thing in mind !

By Daniel Gardner

It's June 6, 4:00 p.m.. Do you know what you plans are for tomorrow? You'd better! Because tomorrow is the day—the first day of SUMMER VACATION!

> *"The greatest part was putting my Oakleys on a kangaroo and hoping it wouldn't hop away with them."* –senior Barrett Randall

There are truly no limits to the outrageous summer plans that become realities for Ames High students. Summer excursions ranged from participating in National Youth rallies to traveling to the foreign shores of Europe.

"I visited Simon Campbell in Australia," said senior Barrett Randall. "The greatest part was putting my Oakleys on a kangaroo and hoping that it wouldn't hop away with them."

Sometimes overseas trips come as a total surprise, but what a great surprise they are.

"I didn't even know that I was going to Europe. It was my cousin's graduation present," said junior Vanessa Kuo. "We got to see everything, but the Eiffel Tower was definitely the best."

Even though Europe may seem more attractive to the eye than the United States, many students found exciting vacation spots closer to home.

"I hiked eighty miles in Glacier, Montana," said sophomore Melissa Lehmkuhl. "The only thing that makes it a little scary is all the bears that roam freely, and there were a lot this year."

Hiking seemed very popular as a past time. Whether it was scaling mountains, or cross-country, the whole family could enjoy it.

"Our family hiked in Utah at Mt. Benlomand," said freshman Rachel Best. "The peak is about 10,000 feet. It was my first time ever doing it, but I definitely want to do it again."

No matter if it was for sport or just pure relaxation, the summer plans of 1994 lacked nothing in fun, excitement, and adventure.



Chilling in the hot summer sun, this kangaroo is UV protected wearing a sharp pair of Oakleys. Senior Barrett Randall got to really experience the Australian "outback," while also playing a little joke on the wildlife. (Photo Courtesy of Barrett Randall)





Taking a rest 10,000 feet up and nothing but smiles all around, senior Collette Best and her sister freshman Rachel Best scaled the heights of Mt. Benlomand and took a second to catch some rays before returning to the earth far below. (Photo Courtesy of Collette Best)

Any season of the year is great for shopping, and summer is definitely no exception to these girls. Seniors Jackie Lee, Lindsay Sargeant, Emily Olson, Karen Moon, and Petraya Juelfs took time off to shop while attending a National Youth Rally in Atlanta. (Photo Courtesy of Karen Moon)





Taking time to enjoy the beauty of The Louvre while in Paris, seniors Emily Bourne, Dan Gardner, and junior Sara Skahill visited Europe on an EF Educational Tour.
(Photo Courtesy of Emily Bourne)

Back at it

How some students coped with the back to school blues

By Jennifer Whalen

For some students the freedom of summer is knowing that they don't have to wake up early in order to get to school by the time homeroom starts. Having the freedom to sleep late, hang out with friends or earn extra money is something lots of sudents wanted for there summer vacation. Eventually students will have to go to school and face reality. Although it was hard for everyone, freshman sometimes have it even harder time adjusting.

"I think the junior year provided many obstacles." –junior Palanda Brownlow.

"It was different," freshmen Jason Carney said. "I was lost, but it was fun seeing my friends again."

Getting into the groove of school was tough enough, but for all grade levels it's a different sort of feeling. For instance some sophomores may say getting back to school was hard because they still had two years left.

"Last year I was excited," sophomore Jean Gladon said. "There were new classes and everything. And now it's boring because I've done everything before."

As you get older and closer to graduation things can become harder and more challenging. For some juniors the pressures were really on them to think about college and what they wanted to do in the future.

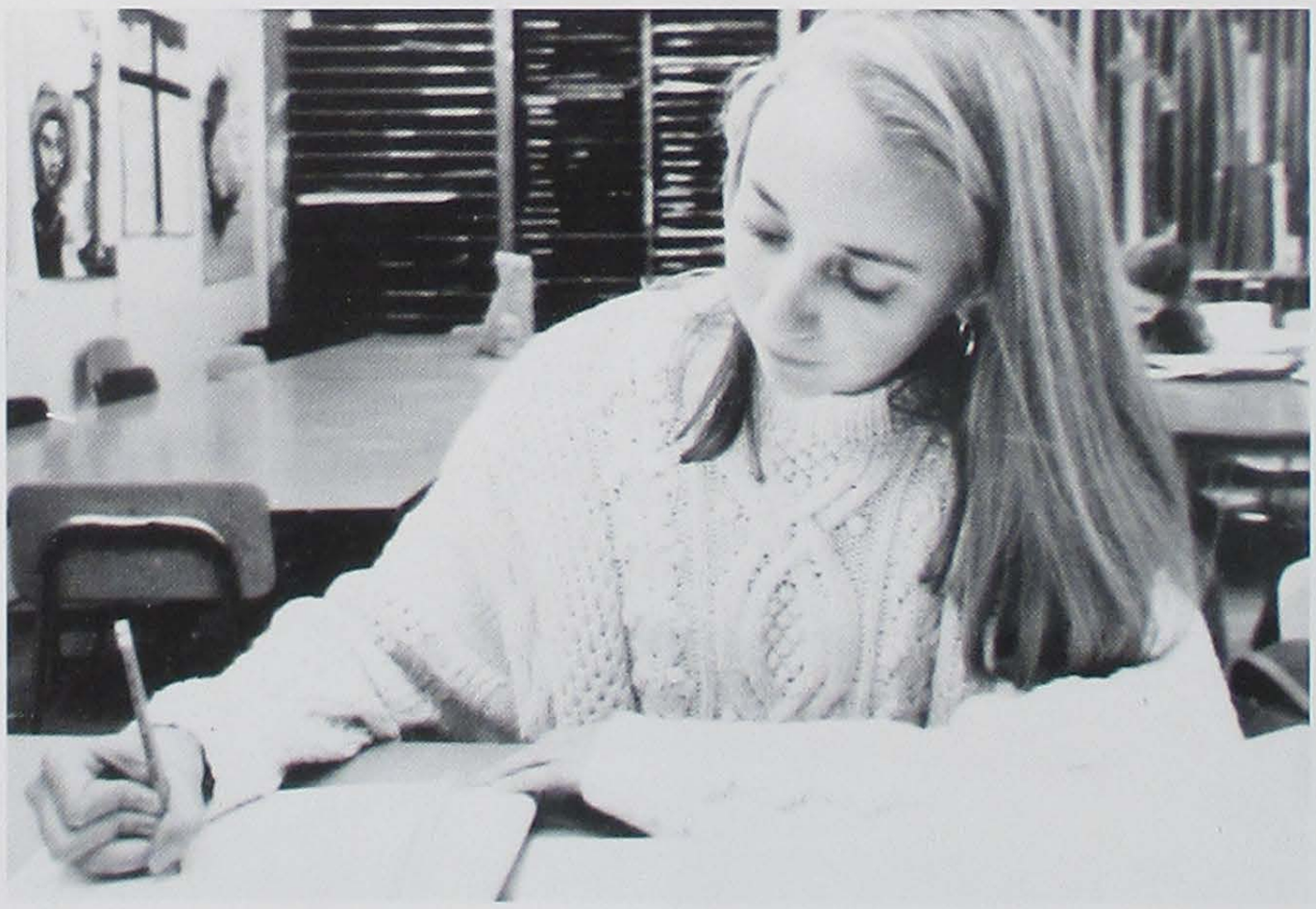
"I think the junior year provided many obstacles," junior Palanda Brownlow said. "In order to survive, juniors must find the most successful way to overcome them."

As for seniors, most people didn't hear to many complaints from them, seeing as how it was their last year.

"It's exciting because I'm that much closer to being on my own," senior Melissa Harris said. "It's also sad because I won't get to see my friends much after this year."

Even though most people love the idea of summer and the fun that went along with it, they also needed to remember that school s first, even if it was the last place in the world they wanted to be.





Junior Abby Witt studies for an upcoming Spanish test. This was just one of many tests to come this past year. (Photo by Ariane Steffan)



Sophomores Joe Stansbery, Chad Mortenson, and Steve Gartz catch up with old friends. This was the highlight of school for some students. (Photo by Kristi McConnell)

Some students coped with going back to school by hanging out in the courtyard during lunch. This was a popular place to hang out during the warm afternoons. (Photo by Ariane Steffan)





Some students said that getting back to school doesn't always have to do with all of the classes and grades they are going to have. Above, some sophomores and freshman are ready to flee study hall for the day. (Photo by Kristi McConnell)

Jam – Packed

Between the construction and increased enrollment, students were stuck in a full house

By Tanisha Cosby

A student sits in his third hour class, mentally reviewing for a test. As he tries hard to concentrate, the noise of a drill pollutes the air and continues through the whole period. He finishes, just as the bell rings and rushes into the hall, only to find the entire school trying to fit in the front hall and make it to their next class on time. Exhausted by the struggle, he finally reaches his next class, just as the music goes off.

> *"The only reason they did it now was to make my last year at AHS a living you know what."*
> –senior Charli Engelhorn

The construction was a factor that could not be escaped, by neither students or staff members.

"The construction really bothered me before winter break because my office and my coffee were in the fine arts wing," teacher Terri Mickelson said. "Going through the courtyard was a bonechilling experience, but the fresh air was good."

Not all, however, felt the school's facelift was beneficial.

"I've been tardy a lot to chemistry this year, and I was made to wax lab tables as punishment," senior Charli Engelhorn said. "The only reason they did it now was to make my last year at AHS a living you-know-what."

Even though the construction restricted movement to some parts of the building, some students felt the outcome of the work to be a positive addition to the school structure.

"I believe that the construction is good stuff, but doing it now is definitely a nuisance for school," junior Jeff Koch said. "They should have balanced time efficiently and did more during the summer."

With students, staff, and a closed backhall, many felt the school was becoming a crowded house instead of an institution for learning.

"When I'm at school it seems that wherever you turn there's always someone there," sophomore Erica Riedesel said. "Last year the halls weren't too bad but now it seems that there are so many people, that I have to wade through them all."

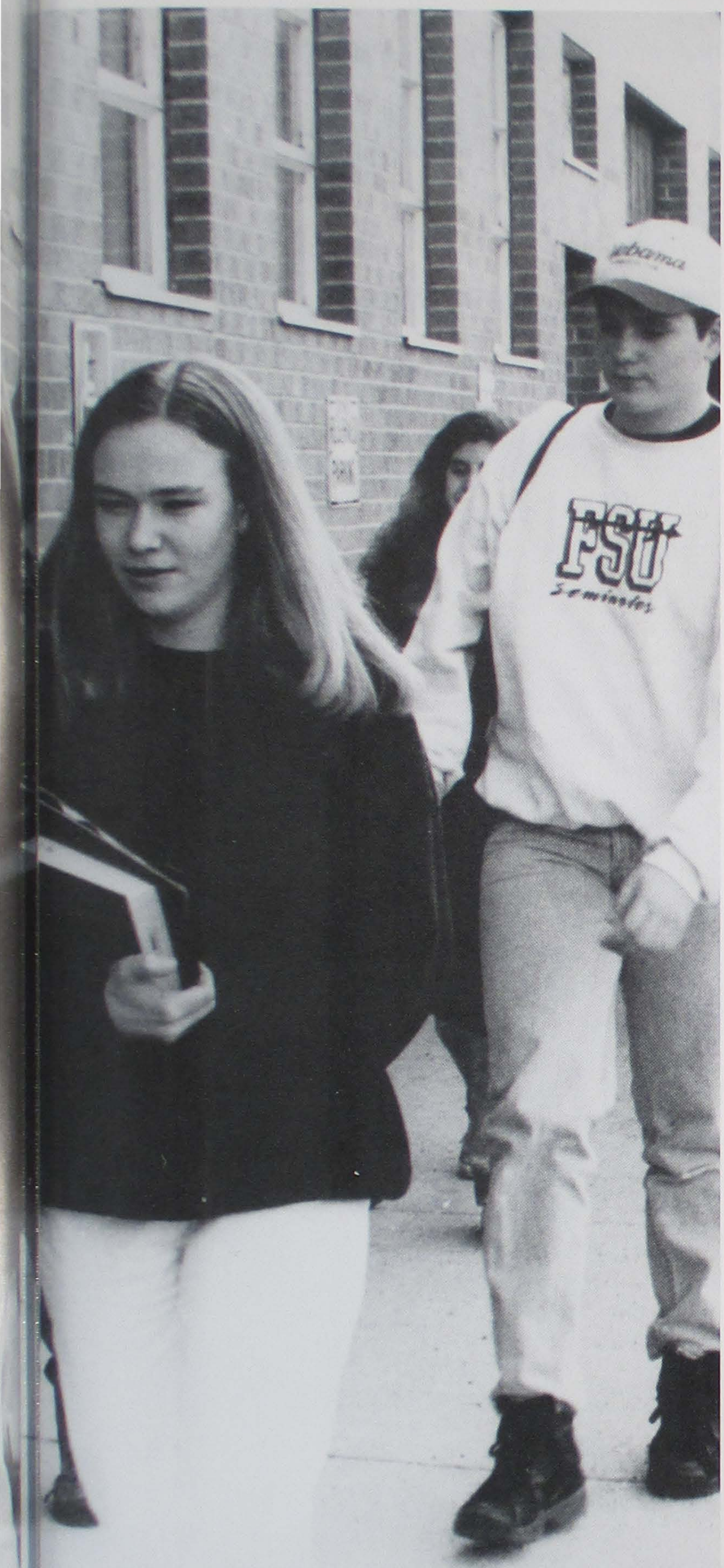
While some seniors felt the construction was useless, underclassmen who had a few years left greatly appreciated the expansion.

"The larger media center will create lots of room for studying as well as add more resources for student use," freshman Davashis Roy said. "Also, with everything connected to the main building, we won't have to go outside to class. But I guess the biggest benefit to the additions is the fact that a large school will make it less crowded."



No matter what season it was, the new addition to the school's structure was in full force. Using various types of machinery, workers laid the foundation of what would be the new Media Center, Science Labs, and Art Classrooms in the years to come. (Photo by Jason Rearick)





Braving the coldness of the season, many students found venturing outside to be the only way to get to class during the year. The construction on the west of the building caused the back hall to be closed and moved the portables to the north parking lot. (Photo by Ariane Steffan)

Because of limited access to the back hall, students couldn't take the time they needed to stare at the construction workers while they had a Diet Coke™ break. Instead it was necessary to find other areas of the building to admire the beauty, like out windows in the fine arts wing. (Photo by Alicia Ackerman)





In order to get through the crowded halls, skill and determination was a must. Students had to be creative when trying to get to their next classes on time; and sometimes that required a little pushing, shoving and a game of tug of war. (Photo by Ariane Steffan)

Time well spent

Seniors worked hard for money, responsibility and a sense of pride

By DeDe Jordan-Harris

Money is something that many students desire. Sometimes in order to be able to buy the things they wanted, students needed to find a job. That is exactly what the majority of the senior class has done. Jobs ranged from working in the capitol building in Des Moines to combing the restroom of a fast food restaurant with a toothbrush. Even though the variety of jobs for seniors was huge, the reasons for having a job seemed to be for the same reason-money.

> "If I didn't have a job my parents would go into debt paying for senior expenses," –Senior Melissa Eilts

"I got a job because of senior expenses," senior Melissa Elits said. "There is the open house invitations, invitations for graduation, tassels, senior keys and hundreds of other things that cost money. If I didn't have a job my parents would go into debt paying for senior expenses."

Eilts worked in housekeeping and cleaned rooms from nine a.m. to three p.m. every Saturday and Sunday at Budgetel. She worked at a telemarketing company before she was hired at Budgetel.

A job not only gave out a pay check it also gave students a small taste of the real world. Although most seniors live with some type of guardian there are those brave few that have their place and have to take their money very seriously.

This was the case with senior Kelly Burton. She worked 35 to 40 hours each week at McDonald's

"It was hard getting used to planning out my rent and food every month," Burton said,"but it feels great to have this much control over my life. Sometimes homework and everything really catches up to me-usually at 6:00 a.m. on Monday morning, but, I'm getting through it."

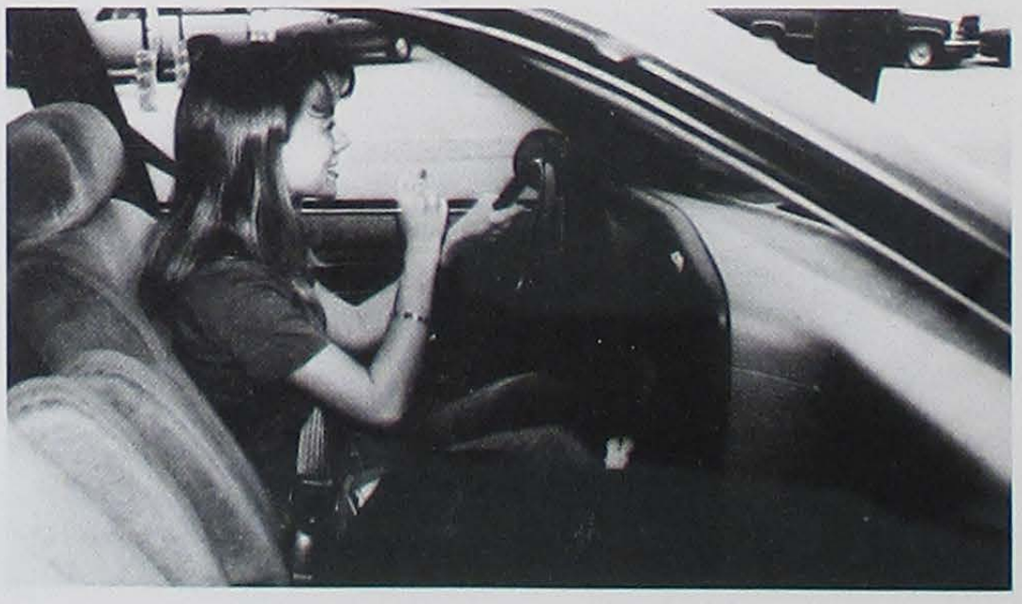
Having a job was the key to freedom for seniors who can't get they freedom they want at home or at school.

"It is really good to break free and have your own personal freedom," senior Adam Wentworth said. "Your paycheck is the one thing your parents can't control." Wentworth has worked at the Manderin as a busboy for almost a year.

For whatever reasons seniors had for getting jobs, one thing was clear. These jobs were stepping stones to a better future.



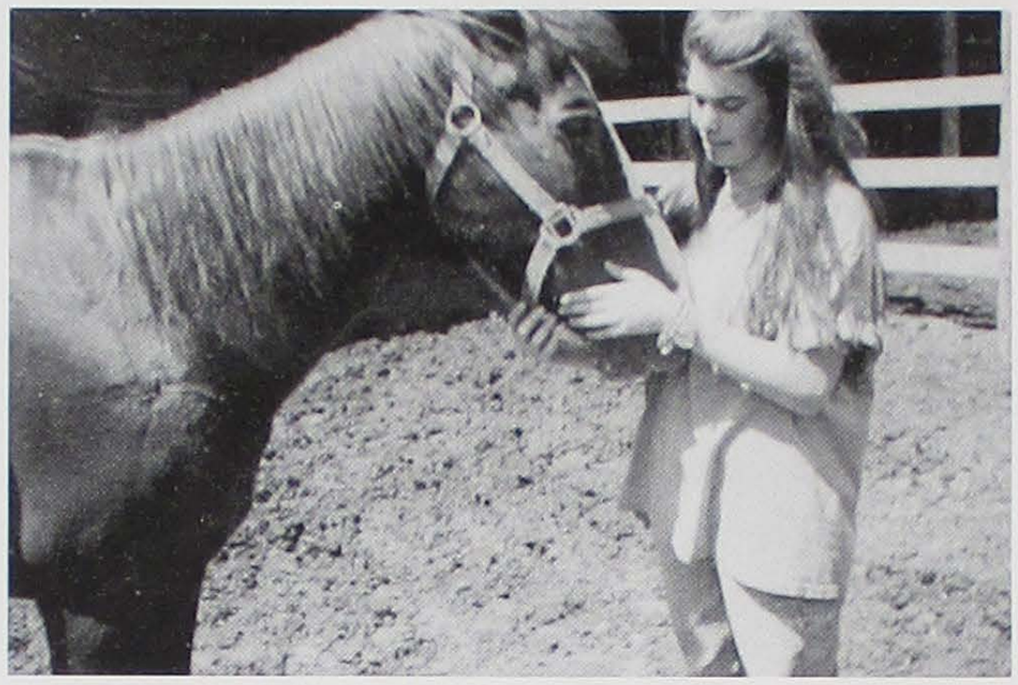
Driving to her job at Century Cinema, senior Liza Kelly anticipates making money. The reason many seniors chose to work was because they liked having access extra cash. (Photo by Alicia Ackerman)





Receiving an order from a customer at the drive thru, senior Kristina Sassman punches it into the register at Burger King. Many seniors worked at fast food restaurants during the year. (Photo by Alicia Ackerman)

Senior Jessica Ackerman pets a resident horse named Joe. She worked at Larson's Scenic Valley Ranch during the summer. Ackerman had been riding horses for eleven years and this gave her more of a chance to be around them. (Photo by Emily Bourne)





Preparing food for a Sunday Cardinal Room Brunch, senior Meredith Richardson works in the Oak Room at the Union. (Photo by Alicia Ackerman)

To believe or not?

Some believe adamantly in God, some don't believe at all.

By Vanessa Kuo

Who do you turn to when you are in need of comfort and love? Your parents, friends or pets? What if they aren't there during your most darkest hour, or if you don't want to share your feelings and thoughts with them?

> *"It (religion) sucks, because it's false. There is no God. How can you believe in God and not the Easter Bunny?" sophomore Sam Stanton*

So who's left? When students need help, some Ames High students turn to God.

"When things tend to get really bad or depressing, I turn to religion, but it's not something I do everyday. I don't rely on religion, but I do believe that there is a God," sophomore Dustin Wetzel said.

Others found that religion plays a big part in their lives.

"Religion has played a strong role in my life, although I do not always agree with traditional Catholic beliefs. I find that it has helped me to make important decisions and helped me with moral conflicts," junior Emily Dobbs said.

Then there is an argument of how religion could help our morals. Some feel that it should be taught in school to give students a better look at morals and family values. Others felt that all religious beliefs should be taught in school and not just to focus on one religious belief.

"I think all religious beliefs should be taught in school because I think it would help build the declining moral standards in our society and give people a chance to make an educated decision about their beliefs," Dobbs said.

Yet other students believe that religion should be kept separate from school.

"I don't think it (religion) should be discussed or encouraged in school," sophomore Annie Butin said.

"It (religion) sucks, because it's false. There is no God. How can you believe in God and not the Easter Bunny?"sophomore Sam Stanton said.

Whatever you choose to believe in it is your belief and only yours.



Seniors Lisa Biggs and Shannon Kenealy practice for an upcoming worship service along with juniors Noelle Padgitt and Sarah Chaplin. They attend Northminster Presbyterian Church. (Photo courtesy of Shannon Kenealy.)





Junior Sarah Sienknecht plays bible pictionary during Sunday school. Juniors Audra Slocum and Naila Meyers looked and and pondered what Sienknecht was drawing. They all attend the First United Methodist Church .(Photo by Kristi McConnell.)

Senior Pam Hove gets involved with her church by teaching kindergartners Sunday school. Hove attends Bethesda Lutheran Church. (Photo courtesy of Pam Hove.)

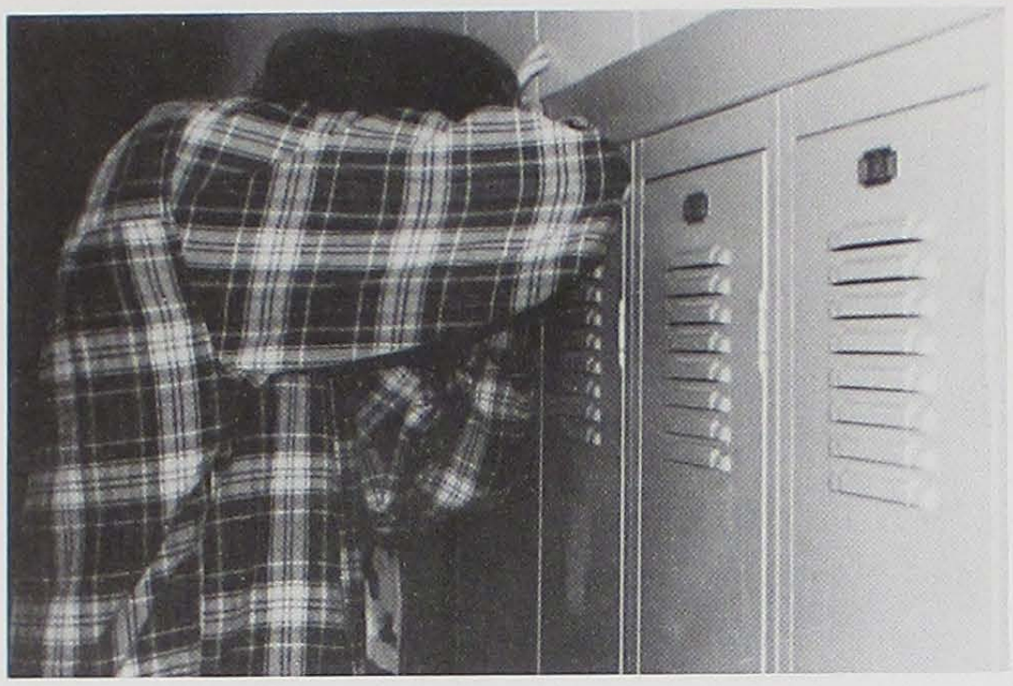


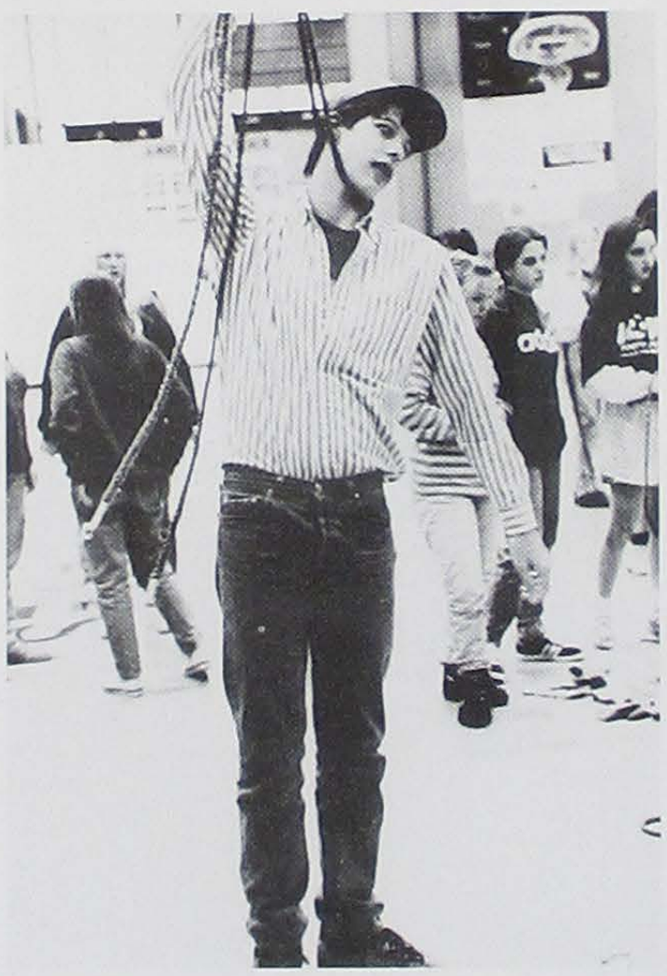


Freshman Mindy Wilson parcipates during a church activity, up with puppets. It seemed that church was not all prayer but that it had some fun mixed in as well. Wilson attends the First United Methodist Church.
(Photo by Kristi McConnell.)

Repelling was an option some students had before winter break. Sophomore Jason Rerick decided to take advantage of this perticularly stressful activity. (Photo by Alicia Ackerman)

Junior Steve Cable decided the best way to hide from his stress was to bury his head in the lockers. Being a junior is considered to be very stressful. (Photo by Alicia Ackerman)





During homeroom sophomore Dan Ehresman crams for an upcoming test. It was common to find students using homeroom as a last minute study period. (Photo by Ariane Steffan)





Getting By

Why some students are stressed out and how they deal with it.

By Jennifer Whalen

As you walked around the school seeing students talking to there friends or perhaps walking quietly with a pleasent expression on there face you may have thought they had no problems at all problems.You were probably wrong most of the students you saw are probably suffered from one of the most dreaded things students face. Stress.

> "I feel like everyone expects us to be really smart because we go to Ames High."– junior Elizabeth Thompson

"The only time I, Sam Stanton, was ever stressed was when I was racing Dan Gilloon on the keyboard and I couldn't find the Y," sophomore Sam Stanton said. Not everyone gets stressed out or if they are it's not about the same thing

Lots of people got stressed out by grades and the pressures to be the best student. It was the stress to be perfect at all costs, to get the best grades so you can get into the best collages.

"We are all required to take hard classes and apply ourselves so we can get good grades," junior Megan Stegge said.

This is one thing that is on a lot of peoples minds. "I feel like everyone expects us to be really smart because we go to Ames High School," junior Elizabeth Thompson said. "Not everyone can live up to the standards they set." This can be as stressful but it can be rewarding in the end even if it is still hard to cope with.

The key to coping with stress is knowing how to control it without stressing yourself out even more. "Stress is without a doubt a huge part of a teenagers life." Said junior Sam Grotewold. "The thing that separates us though, is how we deal with that stress. My stress relievers are secrets.... besides, I don't think they could be printed in the yearbook anyway." Stress will always be in our lives no matter how calm or organized we are. So a suggestion for all the stressed out people at AHS is to relax and move on!



Sophomore Steffi Drewes explains a History problem to a strssed out Jenny Peterson. Finals is considereda stressed out time for most students.

Comfort Zone

Dressing for school was a choice of comfort, not current trends

By Misi Emiola

When the alarm sounded at 7 a.m., Amy wearily struggled out of bed. She stumbled through her shower and minutes later, found herself standing in front of the closet. What was she going to wear to school? After a few minutes of indecision, she grabbed a pair of her favorite jeans and a sweatshirt and left her room.

> *"Fashion is all a matter of comfort. If it feels good and you like it, wear it. They're your clothes."*–junior Lisa Gleaseman

In a world full of diverse fashion choices, many students chose their clothes keeping price and comfort in mind.

"Fashion is all a matter of comfort, " junior Lisa Gleaseman said. "If it feels good and you like it, wear it. They're your clothes; it doesn't make sense to buy a pair of jeans if you can't stand wearing them."

Comfort could be found in many different styles. What one student considered the only way to dress, was another student's idea of a fashion no-no.

"I dress how I want," sophomore Ryan Rathert said. "I don't care what other people think. I like wearing rugbys, sweatshirts and jeans. A lot of my friends dress like I do, but I don't do it for them."

Despite students' carefree attitudes, the latest fashion trends always managed to invade their closets.

"There are all kinds of styles in our school," senior Priscilla Daniels said. "I see people walking around with clothes that range from preppy and conservative to sporty and alternative. People wear stuff from way back mixed in with the latest fads."

Name-brand, generic, '50s, '60s, or '90s, students chose their clothes without regard to peer pressure. When it came down to it, the student body realized that they wore what suited their own personalities, not their friends'.



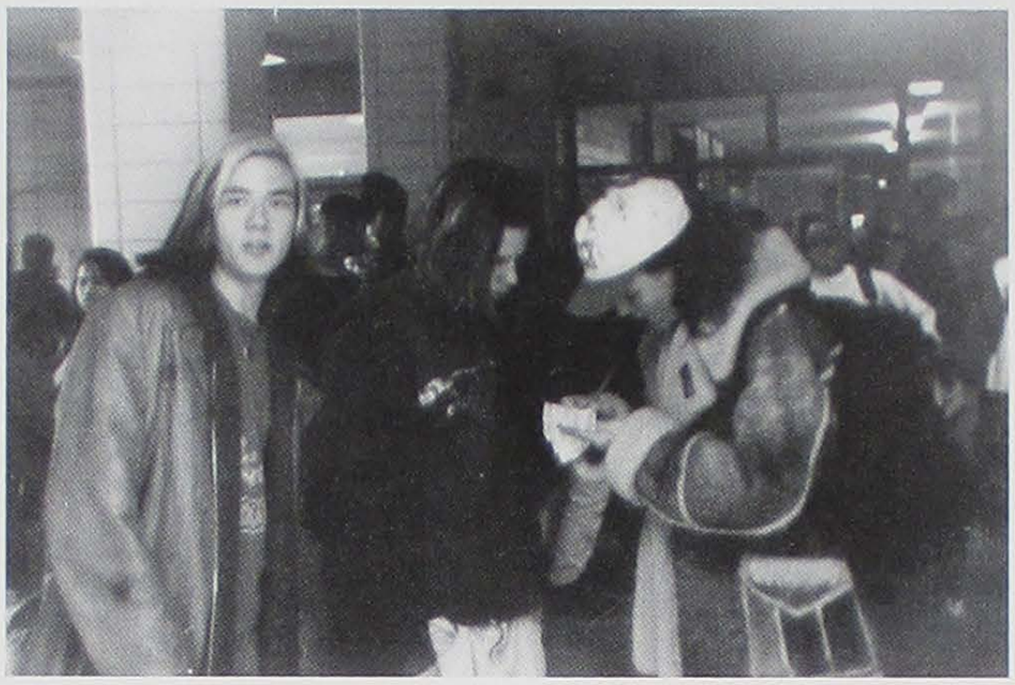
Sophomore Erin Naeve and sophomore Natalie Carver share a good friendship but not the same taste in clothes. Students often chose to wear what they wanted and didn't let their friends influence them. (Photo by Ariane Steffan)

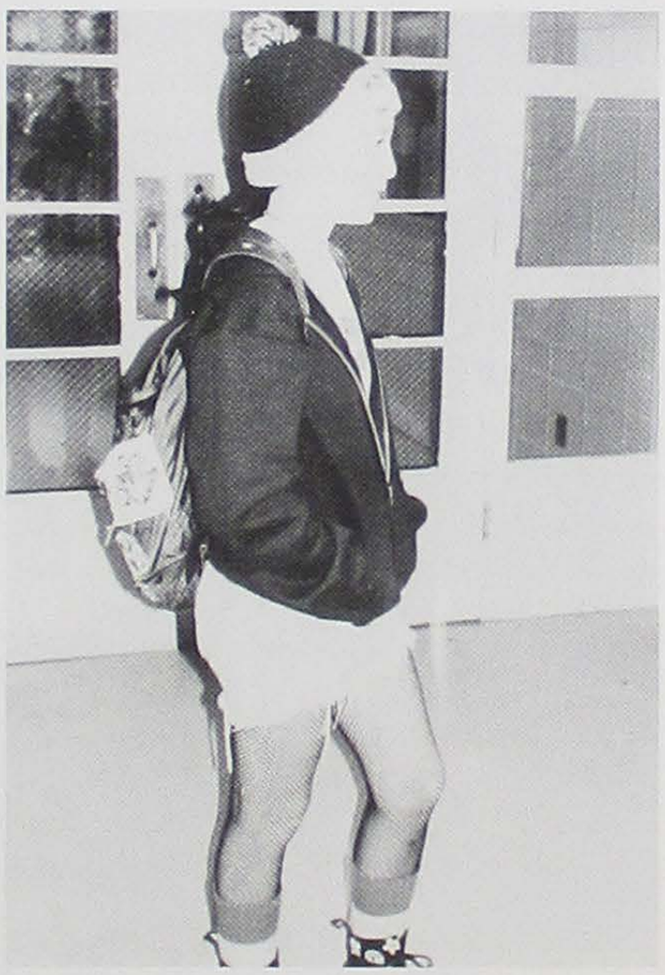




Baggy jeans, a comfortable shirt, and a warm coat are junior Elaine Serfass' choice for expressing her tastes. Serfass and junior Travis White often wore clothes that fit their personalities. (Photo by Kristi McConnell)

Sophomore James Opheim chose to dye his hair various shades of the rainbow to make his fashion statement. Viewing student diversity was easy in the crowded lobby as students gathered to socialize after school. (Photo by Ariane Steffan)

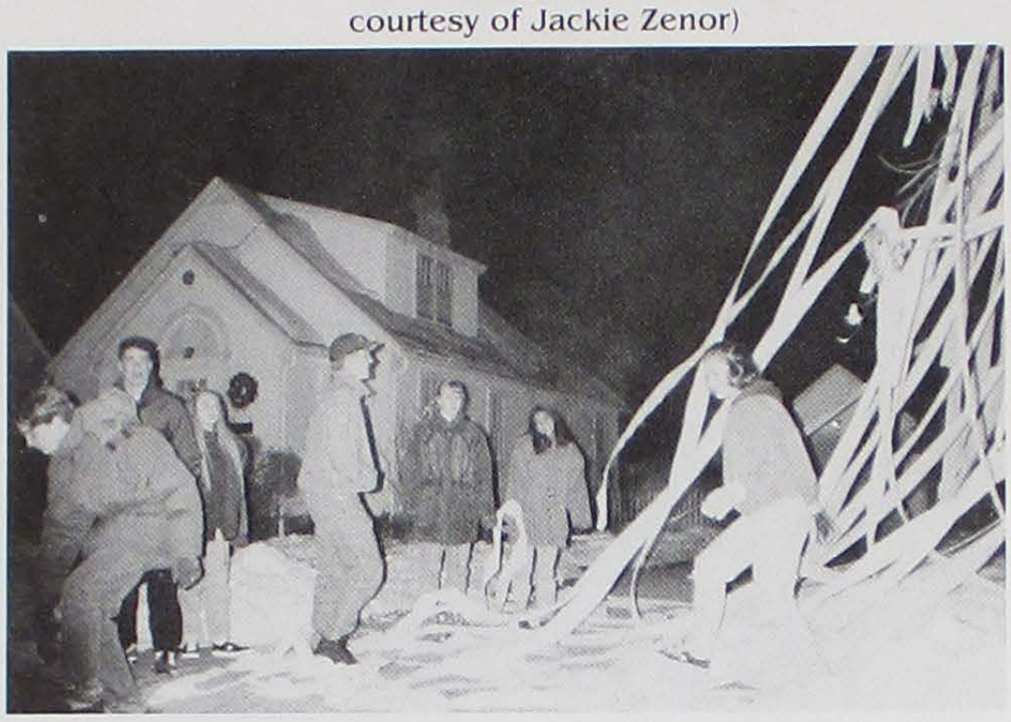




Cold winter weather didn't keep freshman Mei-Ling Shaw from wearing shorts to school. Fishnet stockings with wool socks, a warm coat, and a fuzzy hat managed to keep Shaw from freezing during the long school day. (Photo by Alicia Ackerman)

At the homecoming football game, a group of seniors decorated in AHS colors celebrates the victory. Many students spent time cheering on their favorite athletes at sports activities on the weekends. (Photo courtesy of Collette Best)

After the Madrigal dinner, Chamber Singers homored the tradition of teepeeing. It was not only a way to go wild and have fun, it brought the group closer together in a boonding experience. Everyone chipped in for the toilet paper; it was all fun and games--a great way to make a mess without worrying about cleaning it up. (Photo courtesy of Jackie Zenor)





Students hosted a lot of parties on the weekends when big groups of friends could get together for a fun time. Here, at a Halloween party, senior Jason Wray challenges senior Peter Shupp to a game of pool. Seniors Dan Gardner and Adam Wentworth look on. (Photo courtesy of Lindsey Rice)





Out Of Here

When the weekend rolls around, it's time to relax and have fun

By Emily Bourne

Five days and counting till the next weekend rolls around . . three . . one . . and finally, those two precious days rescue students from the cofinement of the long school day. When students actually found themselves with time on their hands, the ways they chose to spend it went from typical to unusual.

> *"Every weekend it's different--it all depends on the type of weather outside.*– sophomore Austin Woodin

On Friday and Saturday nights, many students poured into local restaurants,theaters, and other places of entertainment.

"My friends and I usually eat fast food and go to movies," said freshman Barbara Crockett. "But we also have parties and go sledding during the winter."

Athletics took up a lot of students' time on the weekend--not only for the players, but for their supporters as well.

"I go to a lot of sporting events on the weekend, whichever are in season," said sophomore Austin Woodin. "Every weekend it's different. When the weather is nice, I spend most of my time playing golf."

Some students realized the importance of their homework, but their initiative was a problem at times.

"Sometimes on the weekends I think about all that homework out in my car," said junior Bill Pendry. "But I regret not doing it when I get back to class on Monday."

Older students had more opportunities to travel out of town because of better driving privileges and more freedom.

"It seems like there's nothing to do on weekends in Ames. So my friends and I go to a dance club in Des Moines," said senior Shannon Kenealy. "It's always packed and you meet a lot of new people."

Despite the branded stereotype that there wasn't much to do on the weekends, students found fun and adventure in many places. Once they were free from the constraints of the school day, they had time for some of the best times of their lives.



While hanging out at the union on the Iowa State University campus, juniors Aric Meyerhoff and Bill McDuffee play a game of cards and enjoy some soda. This was one way students could be together away from home without spending a lot of money. (Photo by Alicia Ackerman)

A Moonlit Night

Winter Formal provides a break from the typical "guys-ask-girls" dance.

By Lisa Biggs

You've found the perfect dress, and the perfect date. Dinner reservation are for 8:00 p.m., pictures are at 7:30. Your hair is fixed and you're ready to go. It seems like all that hard work will create a flawless evening, right?

> *"I liked that Freshmen and Sophomores had the opportunity to go to thw dance. It' kind of like our 'Prom' "–* Freshman Chris Bates

Even though Winter Formal was smooth sailing for some couples, others found out how complicated the night could be.

" We rented a limousine to take us to dinner and the dance." Junior Deanna Kepley said, "The driver went to the wrong house. When we got to our restaurant they had lost our reservations, and we had to pay the driver for an extra hour because dinner took so long. Despite all that happened, we had a really good time at the dance."

With other couples, complications didn't arise until they got to the dance.

" I had never worn heels before, so I took them off as soon as we got the dance." Sophomore Kate Christensen said, "I was trying to learn a line dance, and someone stepped on my bare feet. Their heel went through my pantyhose."

"I lost my date for a while because there were so many people." Sophomore Chris Tuttle said, "I think it always makes it more fun, when there are a lot of people. Then, if you lose your date, for instance, you can talk to some friends or acquaintances."

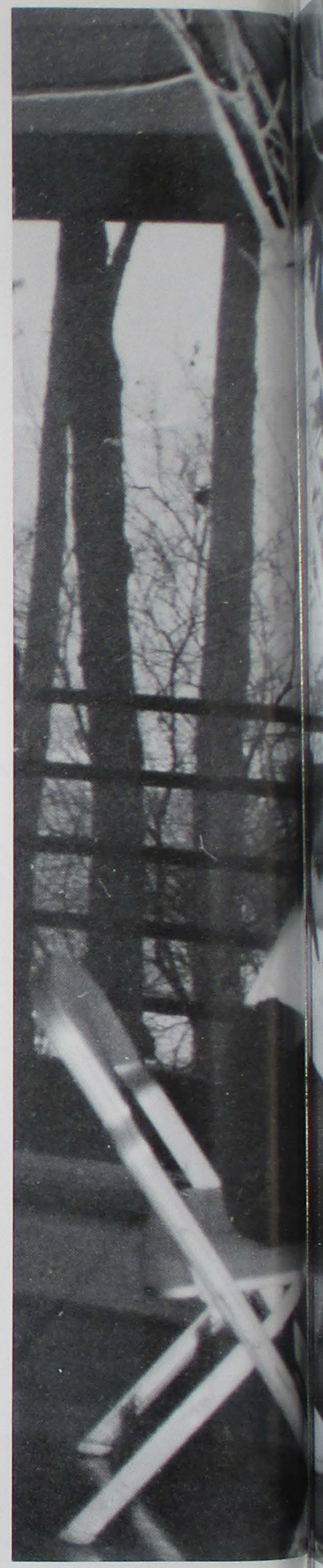
The crowd was a slight drawback for some people, including the winter formal queen.

"After being crowned, everyone made a huge circle so David Millen (the king) and I could dance," senior Jackie Olberding said. "I felt really embarassed being put in the spotlight like that."

"Over all the night was a big sucess." Senior Girls Club Chair Julie Swanson said. "The tradition will be sure to continue far into the future."

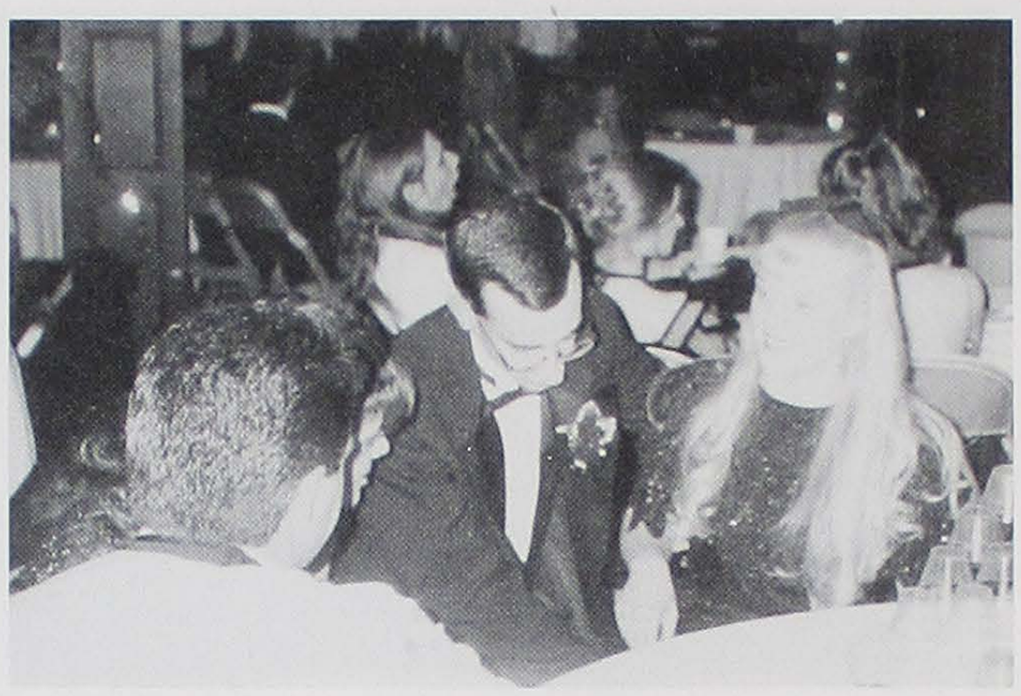


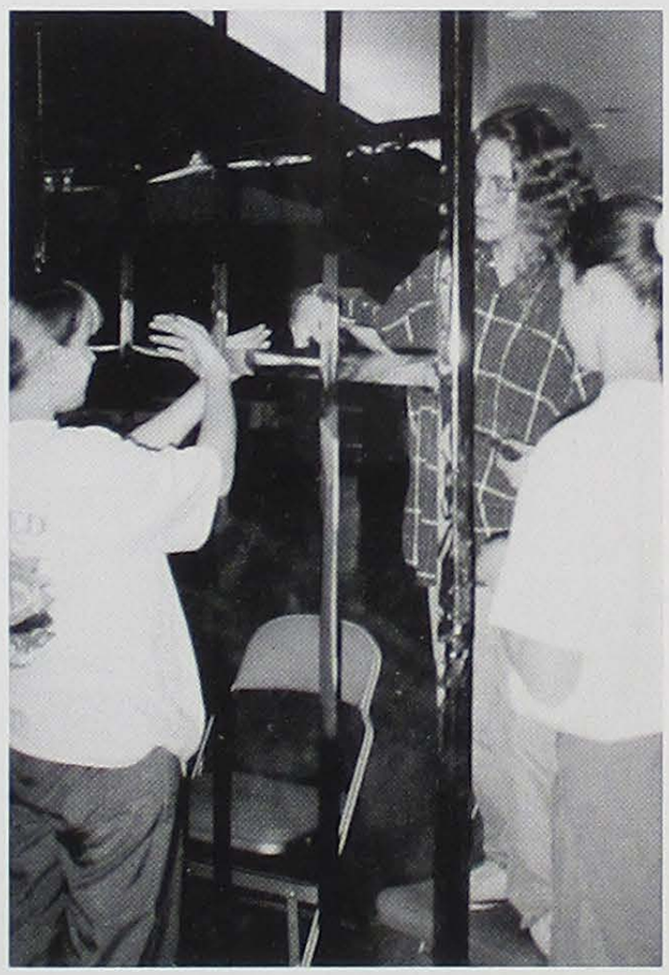
Seniors David Good and Dave Sosnouski bust a move on the dance floor to a fast song at the dance. Having a new D.J. really shook things up for the students who like to dance to fast songs. (Photo by Lisa Biggs)



Seniors Shelley Jaspering and Andrea Mundt decorate a tree with holiday lights to brighten up the Sunroom of the Memorial Union. The girls wanted to bring the natural scene inside. (Photo by Tanisha Cosby)

Senior Heidi Herold and her date Iowa State student Jeff Halliburton take a break from dancing. Couples often took a breaks to just sit and talk or to talk with other couples. (Photo by Tanisha Cosby)





Seniors Amy Kilmer, Laura Bendig, and Allison Warner set up the "window" for the picture background. Senior Girls Club was in charge of setting up the dance as well as the decorations. (Photo by Tanisha Cosby)

Juniors Jill Muller and Gretchen Guffy catch up with current problems during passing time. Students who don't have classes together, talk during the five minutes of passing time. (Photo by Alicia Ackerman)

Junior Ailenor Gilchrest deals with one of life's little problems. Gilchrest works on Algebra in the MIMC, where students can get help with math. Homework was one of the most stressful problems for highschool students. (Photo by Alicia Ackerman)





Seniors Natalie LaBrecht and Ellie Kravinsky hug in the hall. The two were making up after a fight over a guy. Fights about the opposite sexes can create great difficulties between friends. (Photo by Alicia Ackerman)



Minor Details

When teenagers become overwhelmed with problems, some tum to drugs and alcohol

By Vanessa Kuo



There are a great many problems that teenagers have to deal with. Not only school and the stresses of it, but also two other deadly problems- drugs and alcohol. Although other issues raise points of concern in the lives of teens today, drugs and alcohol are the most fatal to students.

> *"They have no idea how stupid they look when the are high or drunk. I usually laugh at them"* –Sophomore Clare Dieter

"Drugs are the biggest problems with teens today because kids get into it without knowing the effects," sophomore Bill (not his real name) said. "Kids get into drugs because they think it is cool to rebel against their parents. Drugs lead to a lot of other problems, such as suicide and stealing."

Drugs are a problem at Ames High. Many will not admit it, but it is a significant amount of problems.

"Probably 75% of our school is either doing drugs or are young alcoholics," sophomore Clare Dieter said. "They have no idea how stupid they look when the are high or drunk. I usually laugh at them and then pity them."

Availability of drugs and alcohol has increasingly gone up. More people have more sources. Parents may be unaware that alcohol is missing from the cabinet or that minors use fake I.D.'s.

"Alcohol is a big problem with teens today because it is readily available and you can get it in a lot of places," freshman Trisha Dau said. "

A mixture of wanting to be cool and wanting to escape, creates the popularity of drugs. Students sometimes are so stressed out that they feel they need to get high to relax and "escape." Friends are also a factor, if your friends do it you'll want to do it too. There is a certain kind of pressure for them to try it.

"Drugs. It seems sometimes as if the majority of our school is smoking pot. People are doing them (drugs) for acceptance, friendship, etc.," sophomore Angie Carter said.

These were the student's words. They knew what was going on in school the most, what it was really like to be around drugs.



Junior Steve Cable is comforted by Rebecca Madson, who is also a Junior. Cable had a particularly hard day in physics. Having a friend to console you can brighten any problems you may have. (Photo by Alicia Ackerman)

Getting Involved

Students take lessons outside of school time in order to gain the entire high school experience

By Shannon Kenealy

Not all of what Ames High students learn and experience takes place in school. Many students took advantage of a wide variety of lessons and activities available in the community that helped them to develop talents and broaden their life experiences.

> "(In voice lessons) I learn a lot of little things to work on that I wouldn't get the chance to in a choir at school."
> -senior Joss Nichols

Some students started taking these special lessons even before they had enrolled in elementary school.

"I started ice skating when I was little," sophomore Jill Baker said. "After taking group lessons for a while, I started privates, and I've been taking lessons ever since."

Occassionally, students had to make changes due to a conflict between lessons and school.

"I had to quit karate and tae kwando because of spring track practice," junior Ryan Long said. "But I'd like to join again because it keeps me physically fit."

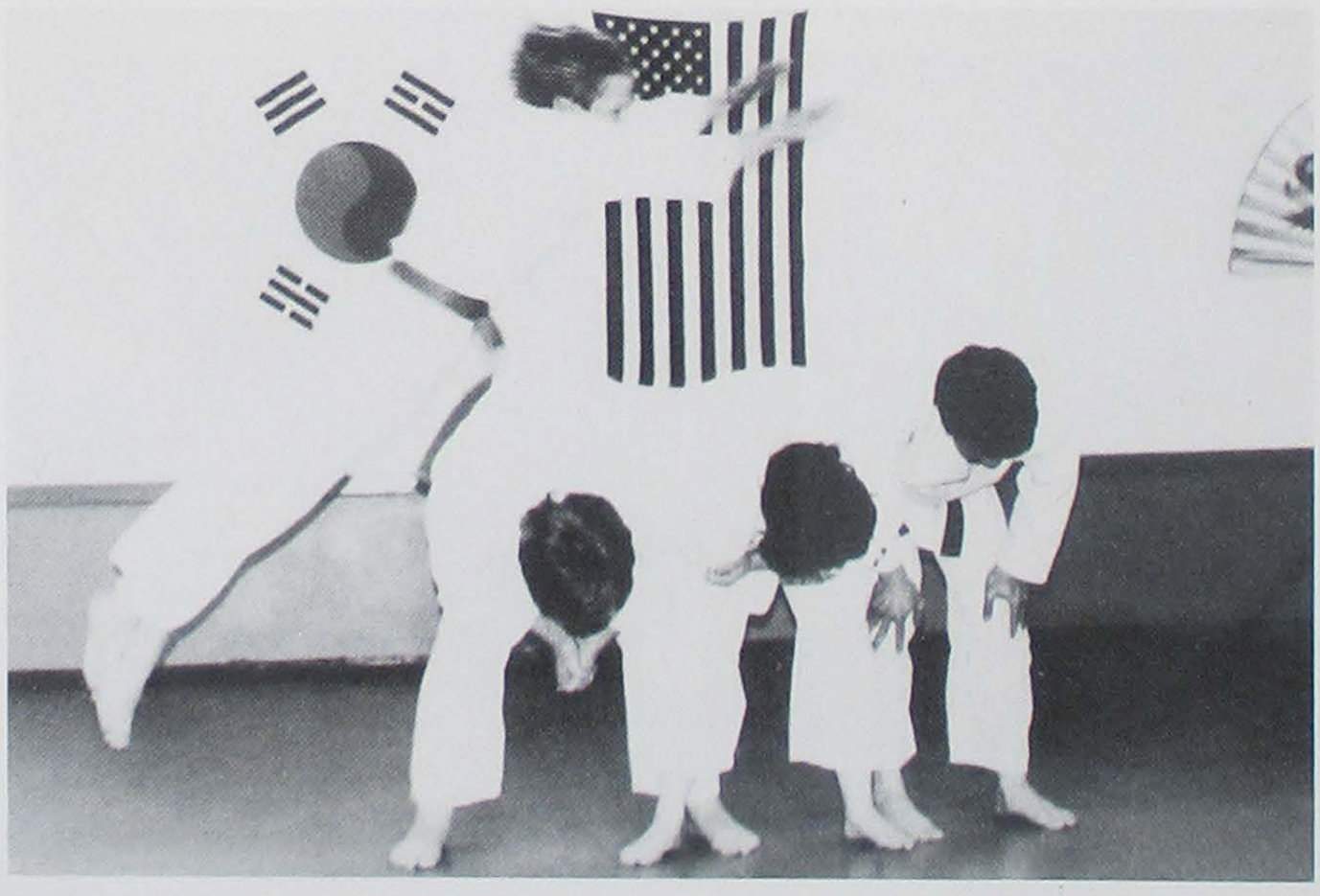
Students also sought lessons to strengthen the skills they were learning in school activities.

"By taking voice lessons from a private teacher, I've gained a better understanding of technique," senior Joss Nichols said. "I learn a lot of little things to work on that I wouldn't get the chance to in a choir at school."

Many students found this one-on-one attention to reap benefits when they participated in school activities.

"I enjoy taking lessons outside of school," sophomore Megan Shill said. "I've improved a lot with my music, which helps my playing the oboe in band at school."

Participating in lessons and activites outside of school have helped Ames High students to make many discoveries. For these students, the whole world has become a school with much to be learned and experienced.



Junior Dion Harmon dives over classmates during a hap-ki-do class. Hap-ki-do was an increasingly popular form of martial art offered by Iowa State University. (Photo by Alicia Ackerman)



Senior Kesone Phimmasone enters the Octagon Center for the Arts to attend an instructional class on nude drawing. The Octagon offered students and community members various courses in the arts. (Photo by Alicia Ackerman)

Junior Carisa Ripley, freshman Hilary Barta, and junior Leah Merkle stretch during a jazz class at the Robert Thomas Dancenter. These three, along with other students from the Dancenter, fared well in regional dance competitions. (Photo by Alicia Ackerman)



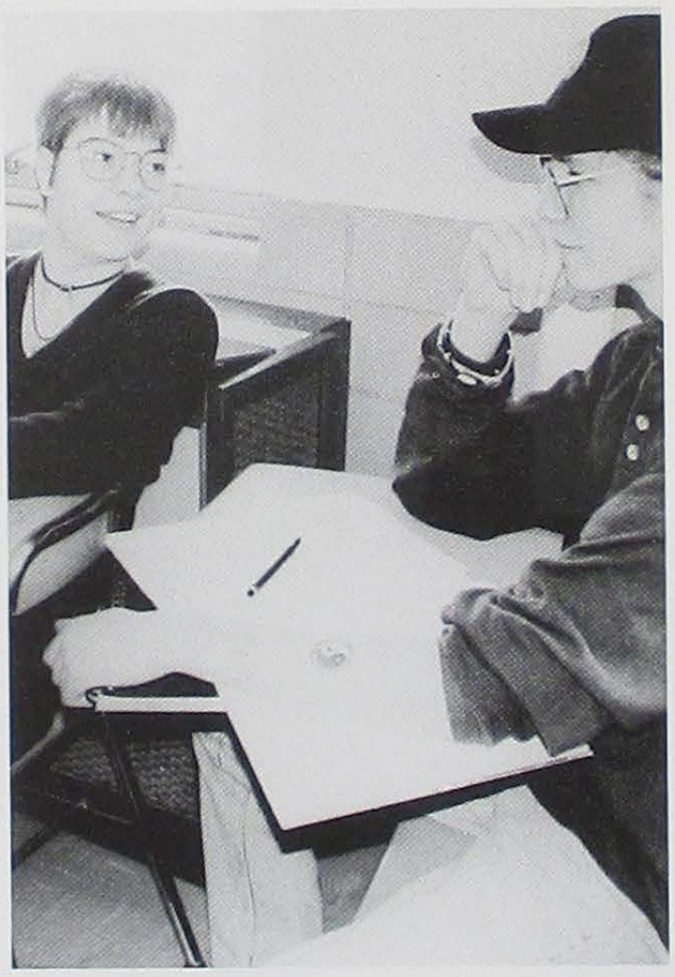


Junior Chris Hoffman practices the electric guitar in his free time after school. Hoffman played lead guitar in the popular band *Fools Journey,* which consisted of five Ames High students. (Photo by Alicia Ackerman)

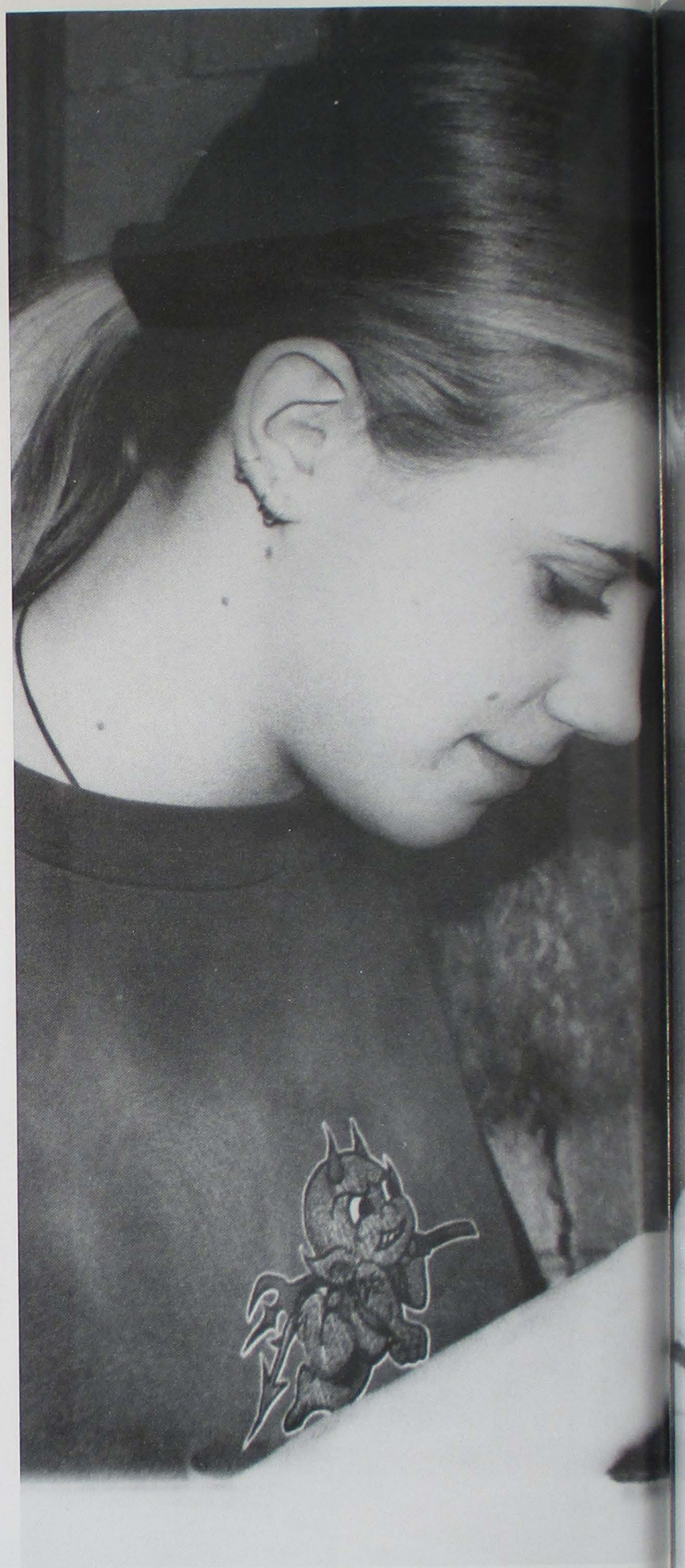
While working on a piece of art, senior Brigid Ryan inadvertently shows her nose ring. Noses were most commonly pierced because they were easy and the procedure was said to be pretty painless. (Photo by Alicia Ackerman)

During her art class, freshman Meiling Shaw concentrates on her newest art. People who were in to body piercing and tattoos tended to be more artistically minded.(Photo by Alicia Ackerman)





While sitting in class and talking to junior Anna Barreras, junior Kevin Anderson shows his yin yang tattoo. Most men with tattoo's got them on their arms. (Photo by Alicia Ackerman)





Sign of the Times

Tattoos and body piercing become acceptable artforms at Ames High

By Aubrey Robbins

Throughout time, tattoos and body piercing have meant many different things. At one time they were signs of manhood, coming of age and heroic bravery. In another time they were seen as Satanic signs of insanity, and in another period they appeared as a sign of rebellion. In the nineties, they are simply considered a cool fashion.

" I think body piercing is ugly but tattoos are all right. Tattoos are more like art." - senior Robert Deal

"I have a D tattooed on my ankle. It stands for Danny, my ex boyfriend. My friend Kindra did it for me in about fifteen minutes. It didn't hurt real bad, I just wish it said JJ now because Danny and I broke up and JJ is my current boyfriend," sophomore Jenni Newberg said.

Some people preferred to leave their bodies free of holes and tattoos. Although what others did was of no concern.

"I think body piercing is ugly but tattoos are all right. Tattoos are more like art. Just sticking rings in your body is stupid." senior Robert Deal said.

People got tattoos for different reasons. Some did it for fashion, a form of rebellion, or on a bet or dare. Others had different reasons.

" I have a heart on one hand, four dots on the other, a J on one ankle, a B on the other and I used to have a tattoo on this hand, but it didn't stay," freshman Kindra Warren said. "I did them all myself because I like the pain. It's like piercing your ears, but in different places."

Many people did their own tattoos and body piercing. In shops, tattoos can cost $50 on up to several hundred, depending on size. Body piercing usually runs around $20.

Bravery, satanism, and rebellion. Tattoos and body piercing have seen it all. But in the nineties, they were simply a sign of the times.



While doing her homework Junior Emily Nelson doesn't seem to mind that her tattoo is showing. Tattoos, which were considered a style, were a common sight in the halls and classrooms. (Photo by Alicia Ackerman)

All in the family

Students decided that, at home and at school, siblings weren't always so bad.

By Sam Grotewold

Having a brother or sister at home is one thing, but going to school with him or her is different story altogether.

> *"I love everything about Jessica!"*
> -Junior Alicia Ackerman

"It's really fun seeing Kelly in the halls," junior Jennifer Hallihan said of her freshman sister, Kelly, "I get to find out how her day went and if she does anything bad I'm the first to know."

And although some students enjoyed having a sibling attend the same school, others weren't as exited.

"I really don't have an opinion because I don't consider him my brother." freshman Mei-Ling Shaw said of her brother Mikal.

And yet other students couldn't make up their minds.

"My sister and I really don't get along," junior Alicia Ackerman said of her sister, senior Jessica. "She and her friends attack me and shove my head down the toilet. No, actually, I love everything about Jessica. I think she is a wonderful, really neat, fantastic person."

As many students found out, cheating could be the basis to a long-lasting, healthy relationship. And having an older brother or sisterlet them "borrow" a few assignments never hurt.

"I gave him a notebook of assignments that I had the year before. The teacher never found out." said senior Misi Emiola of her brother, junior Joe.

And as students discovered, there was more than one effective way to deal with an annoying sibling.

"To tell you the truth," Ackerman said, "I'm creating a plot to have my sister assassinated sometime within the next couple of months."

Shaw, however, found a more peaceful solution: "I try to ignore him as much as possible."



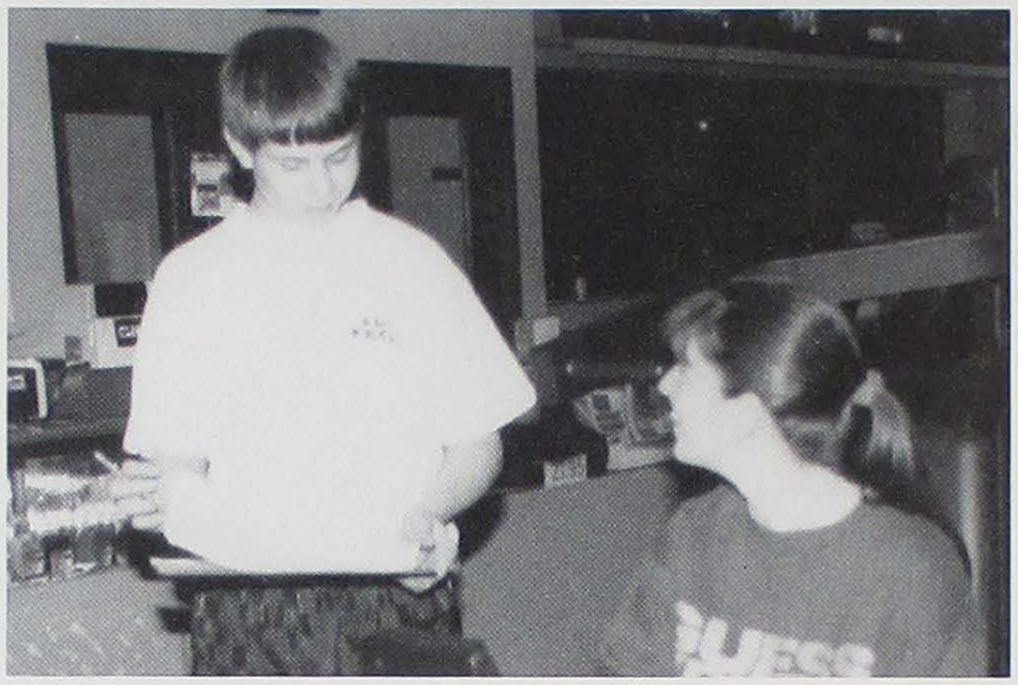
Before leaving for school in the morning, junior Erika Sarri helps her younger sister, freshman Jessica, with her hair. With jobs, sports, and other extracurricular activities, the early morning was the only time of day many students could (or had to) see their siblings. Photo by Pam Hove.

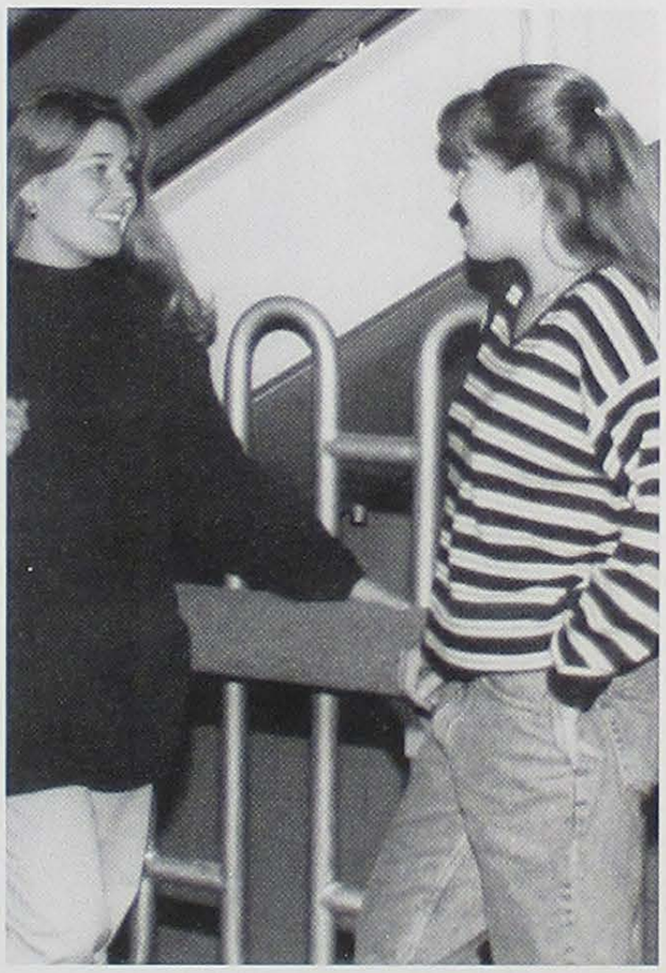




Junior Joe Emiola tries to find a book in the locker he shares with his sister, senior Misi. Siblings often shared lockers, cars, books, and even clothes. Photo by Pam Hove.

As junior Janice Carney lifts weights, her brother, freshman Jason, looks on. Lifting weights, playing tennis, and shooting baskets proved to be popular pastimes for sibling rivals. Photo by Pam Hove.



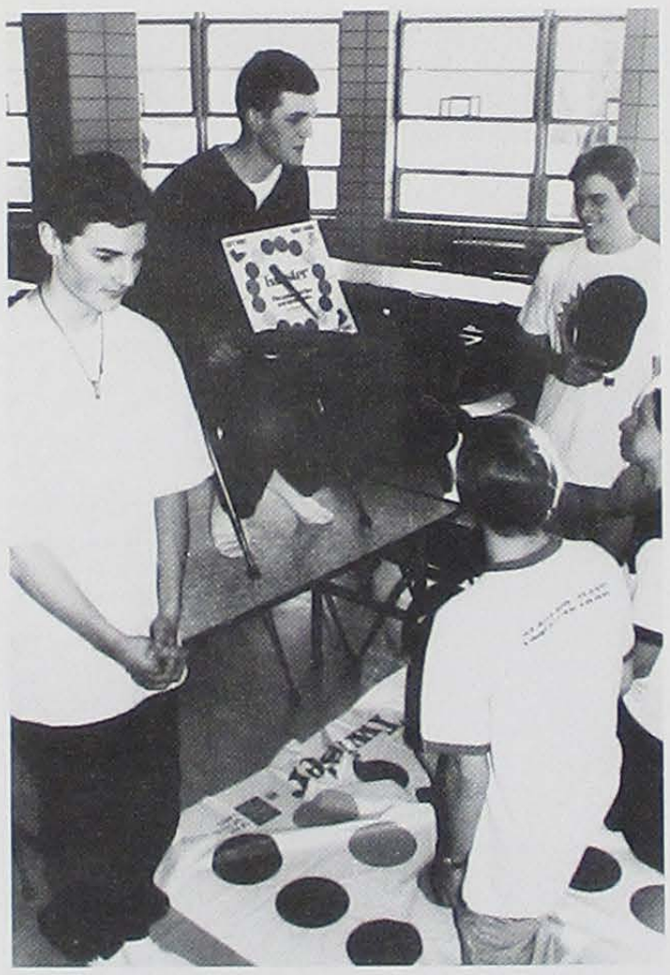


Taking a break after school, seniors Gina and Jackie Olberding catch up in the hallway. Many students agreed it was nice to have a sibling attending the same school. Photo by Pam Hove.

During one of the gladitorial grudge matches, Maz "Mr. Hand" Hiland, Chad "Tofu" Mortenson, and Nishant "Nagisaki" Parulekar struggle for Twister Club supremacy. All members agreed that Twister club was a great way to relax and have fun at the end of the day. (Photo by Alicia Ackerman)

The thrill of victory. Twister Club founder Chris "Bruce" Allen celebrates with Max "Mr. Hand" Hiland and Eddie "the defibulator" McElvain on a well fought match. The two were fighting for a chance to go to the Tister Club finals later that day. (Photo by Alicia Ackerman)





In the highly sacred closing ritual, Sam "filthboy" Grotewold and Mike "the King Twistmaster Monkey" Popelka listen as Twister Club founder Chris "Bruce" Allen gives words of enlightenment to co-presidents Eddie "the defibulator" McElvain and Max "Mr. Hand" Hiland (Photo by Alicia Ackerman)



Left Hand on Blue

Students put a new "twist" in student-led organizations

By Sam Grotewold

"I remember this one guy and girl. They had been playing for two or three days. They had been going at it as hard as they could for 56 straight hours without food or sleep. All of a sudden, the girl gets a hangnail and is nearly forced to quit because of the excruciating pain. But the guy decides that it was no longer a fair match, so he gives up. And I'm proud to say that that is the kind of compassion and goodwill that Twister Club breeds," said Twister Club co-president junior Eddie "the defibulator" McElvain.

> *" The only real requirements are that you have all your hands and feet."*
> "D'arci "Killer" Horton

Members of Ames High's Twister Club were not only humanitarians, but they were some of the best Twister players in Ames.

The Ames High Twister Club was founded by Junior Chris "Bruce" Allen in late October 1994. The Twister Club met every Wednesday after school in the auditorium. Not only did the Twister Club provide a way to beat the streets of Ames, but it also gave students a chance to feel loved.

"I was a student of this school and I really didn't fit in," said Allen. "I wanted to create a place where people could come and bond. And although these students may be stalked, spit upon, and beaten outside of this group, they can come here and *be somebody."*

Not all students agreed on the value of Twister Club, however. "I think what they're doing is just absoloutely revolting," said junior Alicia "the disgusted bysander" Ackerman. "I feel that it is morally wrong."

But the students who had been there since the very beginning, the students who had *suffered,* truly understood its purpose. "Most people can't comprehend. Twister Club has a special magic where everybody can come and feel like thay belong. The only real requirements are that you have all your hands and feet," junior D'arci "killer" Horton said.

"In Twister Club you always must give 110%," said junior Ben "the cross-eyed camel" Godar. "Even when your head is caught between someone else's knees, you have to give that extra effort and get your left hand on blue."



Back row: Mike Popelka, Matt Boe,JoeStansbery **Middle row:** Claire Dieter, Sara Siebert, D'arci Horton, Ben Godar, Max Hiland, Chad Mortensen, John Hinrichsen,Nishant Parukelar **Front row:** Ryan Haynes, Travis White, Sam Grotewold,Brooke Harker, Eddie McElvain, Chris Allen, Greg Willard

Always AHS

The Class of '95 left its mark forever on Ames High history

By Daniel Gardner

From a team of co-presidents that won on a platform of installing stall doors in the guy's restrooms, to the selection of twenty-two State of Iowa Scholars, the senior class proved to be humorous and comical as well as academically-minded. Whether it was in school functions of state-wide events, the class of 1995 truly left its mark on Ames High history.

> *"We were proud to do it for our school, but we also did it for ourselves."*
> –senior Misi Emiola

Sporting events of 1994-95 were definitely no disappointment to the reputation of the senior class, in fact, Ames High even accomplished a feat in football that had never been done before.

"Beating Valley, in Valley Stadium, was great. No team had beaten them in their stadium since it had been built about eight years ago, and to come in there and do what we did was unbelievable. It was probably the best game I ever played in, and our crowd kicked!" senior Mark Hatfield, co-captain of the Varisty Football team, said.

The cheerleaders are certainly an essential part of crowd support and Ames High has the priveldge of having the four-time consecutive state champion cheerleading squad.

"Winning our 4th state championship was a significant accomplishment for all of us. We overcame a lot of emotion that day, and came together as friends and supporters. We were proud to do it for our school, but we also did it for ourselves," said Varsity Cheerleader Misi Emiola.

Sports were definitely a big part of the memories that will live on forever in the hearts of the seniors, but participation in academic and other areas of school were just as important.

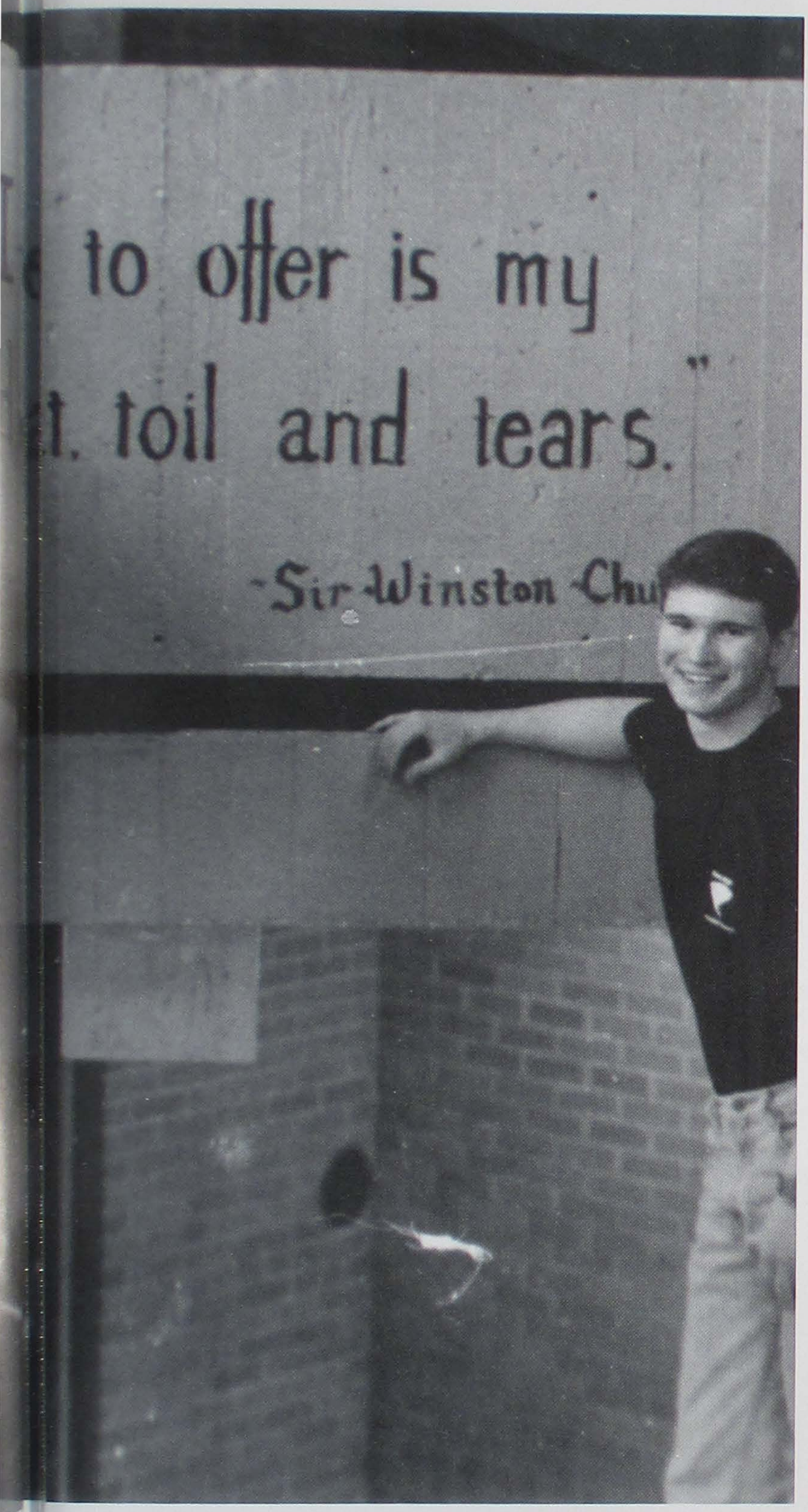
"The Student Council of 1994-95 has been labeled the most productive and active in Ames High history," said Matt Robinson, Stu-Co Co-President, after finishing the year with praises for cooperation and interaction with all parts of the school from the administration. "Everything from Winter Madness, to Welfare Week, to painting and remodeling parts of the school have been such a success. It also felt so good to raise the money for such a great cause, Beth Huff."

Each senior may have his/her own particular memories of what made the Class of 1995 so great, but none of them will ever forget what they accomplished together to make high school unforgettably the greatest years of their lives.





Senior girls Karen Moon, Liza Kelly, Jessica Ackerman, Emily Bourne, Maria Lutz, Collete Best, junior Kathy Loveland, and sophomore Melissa Lemkuhl sport a lot of shcool spirit at AHS football games. Here they illustrate a popular phrase, "AHS ROCKS," which was true not only at Homecoming but also at Ames High's historic win over Valley High. (Photo by Emily Bourne)



Enjoying a great year of political success, along with student and administrative support, Ames High Co-Presidents, David Sosnouski and Matt Robinson stand in front of a newly painted quote which epitomizes the character of an Ames High Student–in athletics, drama, or the classroom. With great leadership, and much particpation the student council of 1994-95 was labeled as one of the best in Ames High history. (Photo by Daniel Gardner)

Having fun and falling on his rump, senior David Milen plays *Twister* with seniors Claire Roth, Elizabeth Andre, and Petraya Juelfs. Partying and just being stupid was something all seniors could relate to on the weekends. (Photo by Emily Bourne)





Ames High's State Champion Cheerleading Squad. row 1: J. Swanson, L. Pyle, S. Kenealy, L. Biggs, N. Fisher, M. Greene, C. Roth. **row 2**: C. Clyde, E. Andre. **row 3**: M. Slaughter, Coach M. Bagon, K. Belz, C. Schram, S. Craig, H. Wright, M. Emiola, M. Goehring, S. Jaspering, L. Krum, Coach Diane Wilson, Ass. Coach Joelle Vertanen. (Photo Courtesy of Shannon Kenealy)

Some senior parties had interesting activities at them. Here, seniors Dan Gardner and Joe Levine sumo wrestle at their party at Brookside park. The group got Subway and Taco Time to sponsor their party, so not only did they have great food but they were able to have a lot of creative things. These included bungee bouncing, sumo wrestling, a video wall screen, and super soakers. (Photo by Emily Bourne)

Getting their group together, seniors who held their party at Emma McCarthy Lee park sing and dance for entertainment. Senior Adam Wentworth grabs the microphone for a little karaoke as his friends accompany him to "Hooked On A Feeling". (Photo courtesy of Eric Greving)





At their senior party a group of senior girls poses for a picture with the hypnotist they hired to entertain the crowd for an hour at the State Gym at Iowa State University. Twenty five volunteer students were hypnotized on that Sunday night. (Photo courtesy of Shannon Kenealy)





Party Time

Seniors celebrated at parks, dance clubs, gymnasiums, and a roller rink

By Emily Bourne

With senioritis settling in quickly as spring rolled around the corner, seniors prepared for the final celebration as commencement neared. Senior parties were a traditional way to end the year and say goodbye.

> *"We all love dancing so we decided to rent a nightclub on a week night for our senior party."* --senior Elizabeth Andre

Some seniors decided to incorporate some exercise into the workout of a senior party.

"We felt that having our party at J4 roller skating rink would be a nice change," senior Mandy Padilla said. "It was also a familiar place where many of us shared memories of our early childhood."

Another option was to rent a nightclub for a night, where the main activity was dancing.

"We all love dancing and because there aren't any underage dance clubs in Ames normally on the weekends, we decided to rent one on a week night for our senior party," senior Elizabeth Andre said.

Some seniors decided on a creative way to entice students to come to their parties.

"The group I had my party with decided to rent the ISU gym for our party and have a hypnotist," senior Jenny Ellett said. "We figured a lot of students would show up to see their fellow classmates under hypnosis."

Perhaps the most popular type of party and music at the parties was an old type making a comeback—disco.

"We decided on our theme,"Disco Inferno", because it was a rejected prom theme that had a lot of popularity," senior Melissa Harris said. "We heard disco music at a lot of the parties this year."

From park shelters to dance floors, seniors were partying the entire month of May. After all, one thing seniors learned to do in high school was how to party.



A popular place to have senior parties was at dance clubs. Hunky Dory's, a local night club , was the location where juniors Bryce Johnson, Nathan Terry, and senior Tricia Nelsen throw their arms in the air dancing to the YMCA disco song. Disco was a popular type of music at all the parties, and dancing was also popular. (Photo courtesy of Lindsey Rice)

Bam! Prom Night.

Somewhere between disco and techno the night made an impact that would

By Daniel Gardner

From the Des Moines Club to Chuck E. Cheese's, tuxedos and formals, to bell bottoms and leisure suits–prom 1995 was an event never to be forgotten. A clash between Disco Inferno and Midnight Masquerade was the only way to desribe the dancefloor sight. And the wide range of dress and music was not even comparable to the wide range of experiences that would make this night so special . . .or so disastrous.

"We got to prom with plenty of time to dance and enjoy the night. It was the best dance of my high school career."
-senior Emily Bourne

"We decided early that we would go on a picnic," said junior Naila Myers. "On prom night it was so cold and windy everyone told us not to go, but we did anyway. Almost everything blew away so we ate as fast as we could before everything else was gone. It was a disaster."

Dinner wasn't the only aspect of the evening that went wrong for some students.

"My date was from Newton. When he showed up he realized he'd forgotten my corsage," said senior Missy Harris. "Halfway through supper his boutinere fell apart. Quite a nice way to arrive at prom."

Prom night '95 was not a total disaster for all students; in fact, some had the best dance of their high school years.

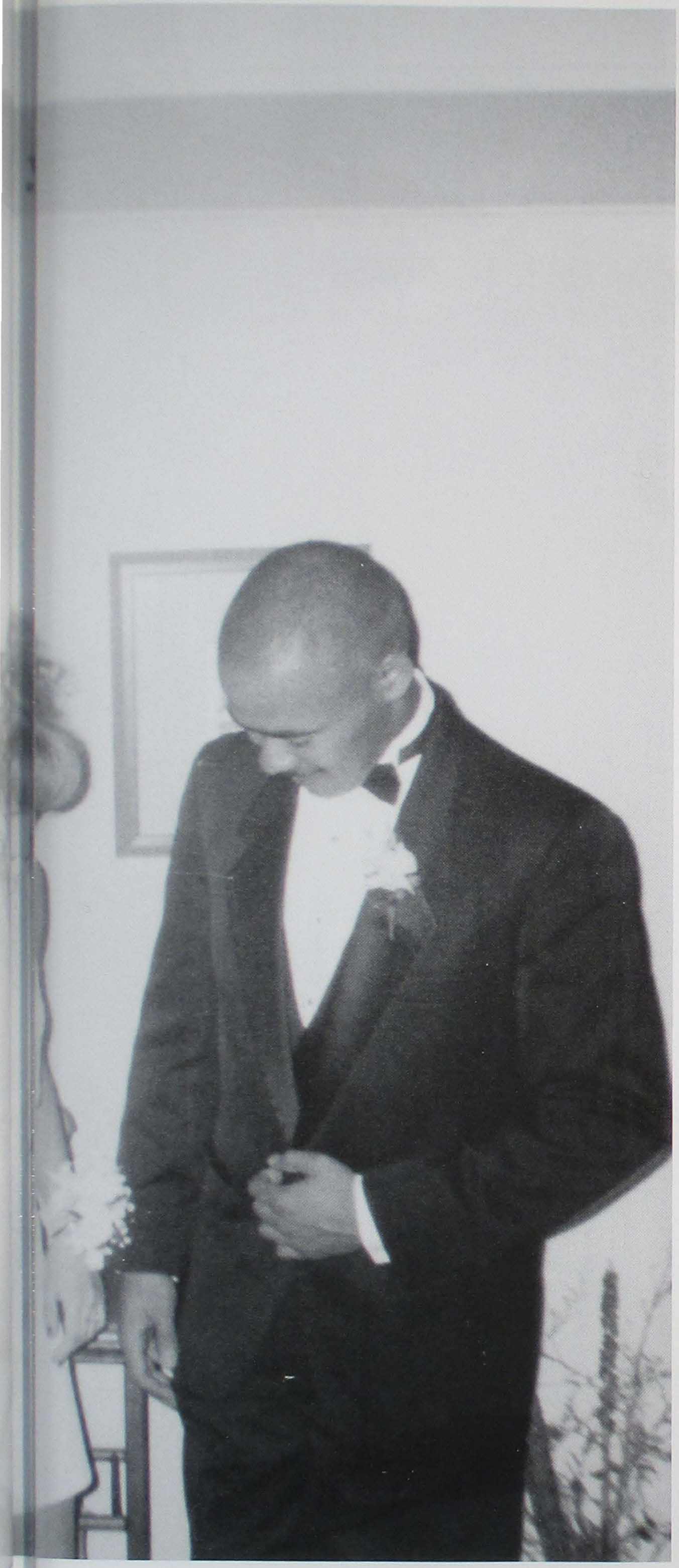
"Chuck E. Cheese's was really fun. I'll admit that our dates didn't like it at first, but by the time we left they had more game tickets than we did," said senior Dave Millen. "We also got honorary Chuck E. Cheese bracelets that fit perfectly on our tuxedo vests."

Whether it was pizza at a cheezy restaurant or lobster, steak, and even buffalo at one of Des Moines' finest formal dining spots, prom turned out to be unforgettable for all who had a chance to take part in it.

"The entire night was perfect. Our dates rented a limo and we rode down to Des Moines and the weather was so beautiful. We had dinner at 801 Steak House and the food was great. It was so elegant," said senior Emily Bourne. "We got back to prom with plenty of time to dance and enjoy the night. It was definitely the best dance of my high school career."



Not sparing the least bit of elegance by renting a limo and eating at one of Iowa's finest restaurants,some students discovered how to make prom night unforgettable. Seniors Joe Levine, Lyndsey Pyle, sophomore Aubrey Bryant, and seniors Matthew Robinson, Emily Bourne, and Dan Gardner had a "picture perfect" evening. (Photo courtesy of Emily Bourne).



Checking things over before preparing to hit the town and show off to friends, senior Liza Kelly and junior Bryce Johnson make a classy-looking couple on prom night. Dressing up and complimenting each other is an essential part of the prom night atmosphere. (Photo courtesy of Liza Kelly).

Picking an unusual spot to eat for the most formal dance of the year, seniors Tomas Jensen, Jen Olson, Jen Johson, and Dave Millen have fun no matter where they go. A night at Chuck E. Cheese's was almost as great as the dance to follow. (Photo Courtesy of Tomas Jensen).

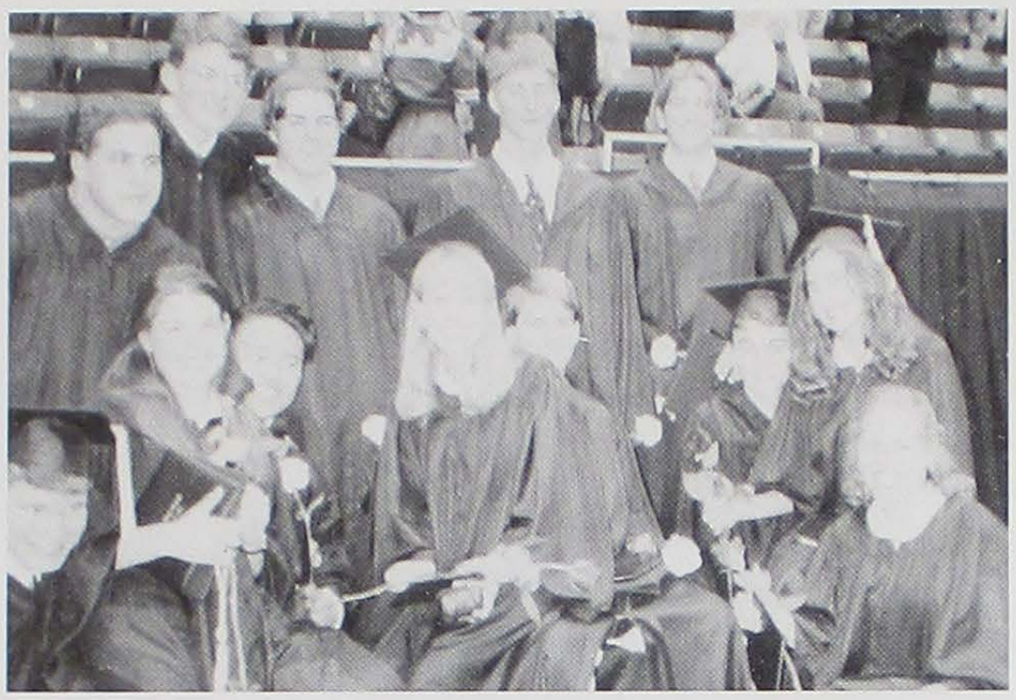


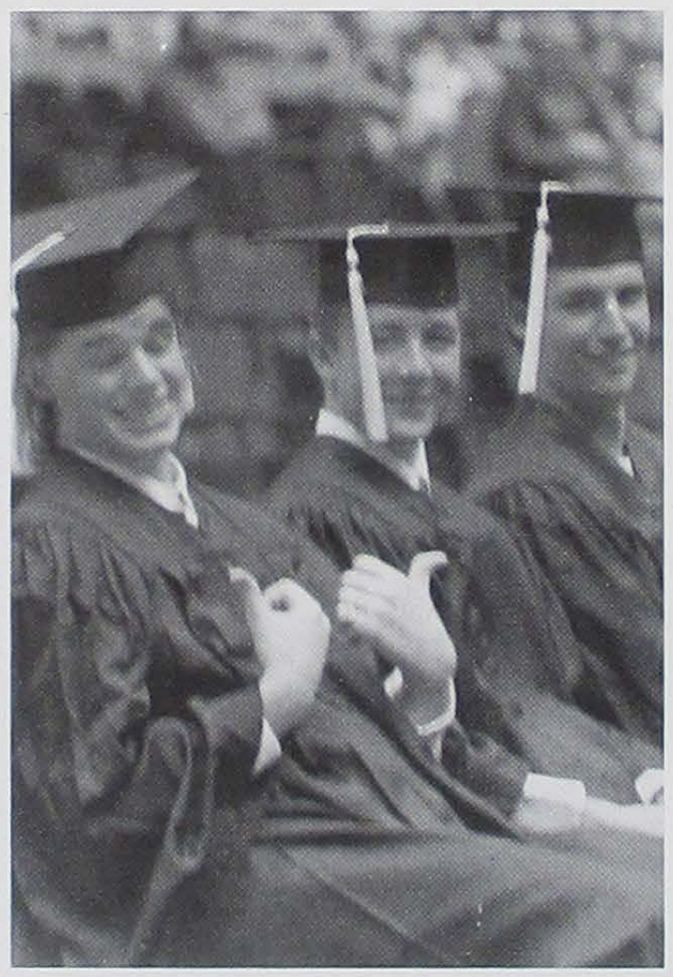


Enjoying the wait for dinner at Giovanni's, senior Cecily Martin and junior Billie Jo Lay are entertained by their dates. Dinner, picture-taking, and other parts of the evening all add to the prom night experience. (Photo courtesy of Amy Kilmer).

At the ceremony, graduates listen intently to the selected speakers who represent the senior class of 1995. This year they were Aprille Clarke and Ethan Olberding. The commencement was held May 25 at 8:00 p. m. at the James H. Hilton Coliseum. (Photo by Jason Rearick)

A group of graduates poses on the stage right after the ceremony for a picture of close friends to be remembered. They hold red roses and white carnations, gifts from the junior class senate they had been given after they walked across the stage and receieved their diplomas. (Photo courtesy of Katie Bourne)





Senior Rich Hall gives a double thumbs-up as he waits for his name to be called to go up to the stage and receive his diploma. (Photo by Jason Rearick)





Say good bye

In the door as freshman, out as seniors, graduation--a time to reflect

By Emily Bourne and Daniel Gardner

A walk, only thirteen seconds long across a wooden stage with a million camera flashes, two handshakes, and the passing of a black folder that contains a slip of paper that changes one's life forever--graduation. Graduation is not only about receiving a diploma but also about being recognized for four long years of hard work and accomplishments.

> *"Our class had so much spirit and unity. We did it all and it was so fun just to be a part of it."* --senior Matthew Robinson

The graduation ceremony itself is always subject to different opinions and mixed feelings.

"It was pretty boring," senior Chad Wheatley said. "It would've been fine with me if they just mailed us our diplomas."

Other students enjoyed the ceremony due to its special feeling this year as Mr. Ripp graduated with the class of 1995.

"When I had to get up there and give Mr. Ripp his diploma I was really nervous," senior class president Peter Shupp said. "We all wanted to make the ceremony great for him, and I wanted to let him know our whole class truly felt he was one of us."

Another detail that always accompanies the feeling of accomplishment for receiving a diploma is the fact that some classes have finally come to an end.

"All I have to say about graduation is 'No more honors chemistry,'" senior Dave Millen said. "That's it, no more chemistry. It feels great."

Finally, when the ceremony and ritual of graduation had come to a close, many students reflected upon all the memories they had just said good bye to for the last time.

"High school was awesome, but senior year was the best. From an awesome homecoming to beating Valley, a fun basketball season, a great year of student council, and then a wonderful prom, and now graduation," senior Matthew Robinson said. "Our class had so much spirit and unity. We did it all and it was fun just to be a part of it."



The class of 1995 had twenty-three seniors graduate with distinction. They needed to maintain a 3.9 grade point average to receive this award. Here, they are recognized with medallions of distinction at the ceremony. (Photo courtesy of Katie Bourne)

Preparing for thei upcoming meet th Girls cross countr team completes thei road run. Durin practice the girls ra together to keep th momentum high (Photo by Jaso Rearick)

SPORTS HIGHLIGHTS

Track coach Jim Duea inducted into the IATC Hall Of Fame.

The Ames High Varsity Football team beat WDM Valley's team 27 to 21. This victory over Valley was the first one since 1985.

Varsity Cheersquad won the state cheerleading championship title for the fourth consecutive year.

The boys' swim team finished in second place at the state meet. During the season, the team won its fourth consecutive CIML conference championship and extended its dual meet victory streak to 31.

The girls track team won the state meet held at Drake. The girls pentathalon team also won the state championship title.

The boys track team placed second at the state meet. This was the sixth time that Coach John Sletten's team had finished second. There has been nine championships and six second place finishes.

Varsity boys Basketball upset Ankeny 70 to 68. Ankeny, however went on the win the state title.

The wrestling team received Rick Caldwell as the new coach for the 94-95 season.

TOUGH BREAKS

Without dedication the team could not have achieved their high level of excellence

By Melissa Harris



Hundreds of keys are jingling in anticipation of the first play of the game. Sweat is rolling down the brow of the kicker; he knows that the first play depends a lot upon him. The crowd is cheering wildly, oblivious to everything but the first play.

Varsity football had its ups and downs. Although the team didn't make it to the play-offs, they did beat their arch rivals, the Valley Tigers, for the first time since 1985.

"It felt wonderful to finally beat Valley," senior Todd Swan said. "It has been a goal of mine since my freshman year."

The victory over Valley was only one high point of the season though. Playing on their own field helped to boost the team's spirits. Players felt great about the overall achievements.

"We went into the last game with a chance to win the conference," senior Kurt Harryman said. "We also were very close to going into the play-offs. It would have been a tremendous achievement to do both."

Disappointments came late in the season. All was going well up until their second to the last game when things started going downhill. Then in the last game, things started looking better until the last few minutes when they turned around again.

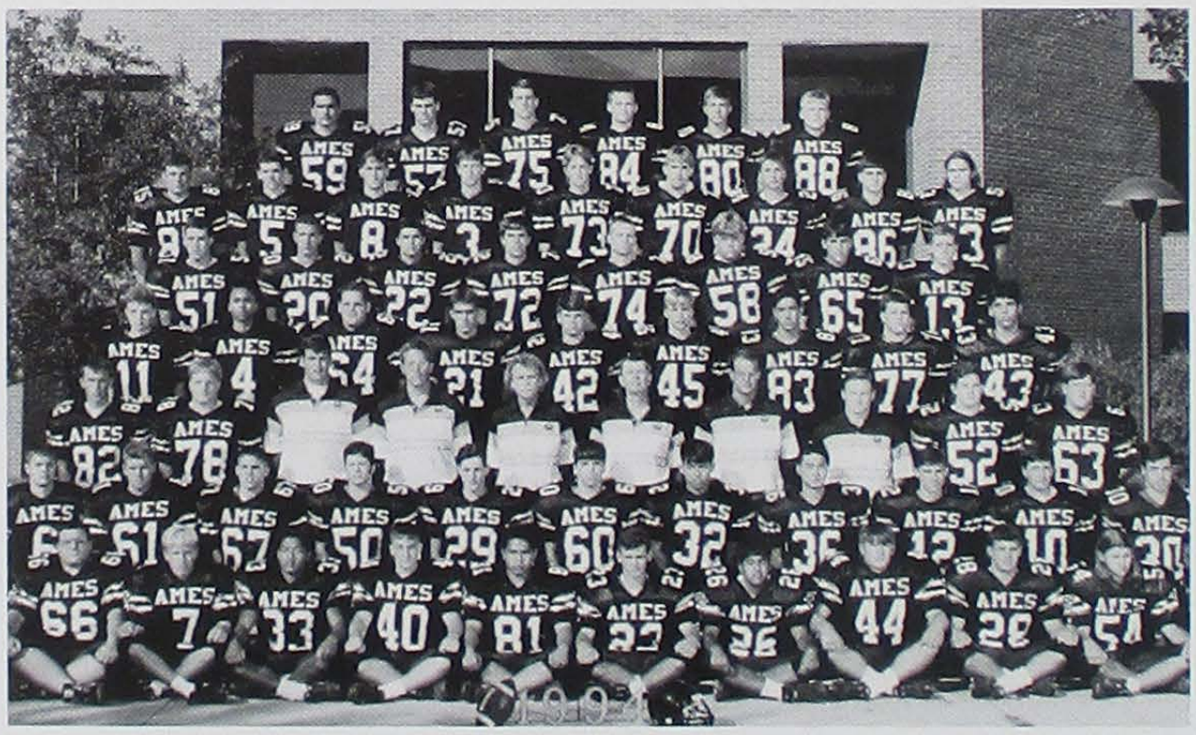
"The biggest disappointment probably was losing the Fort Dodge game in the last thirty seconds," senior Dave Sosnouski said. "We were so close to winning, but we made a major mistake with the late hit in the end."

Rituals before each game were carried out by the whole team as well as small groups of team members. They ranged from going out to breakfast at Village Inn as a team on the morning of a game to singing the school song after every win.

"We're very superstitious," Swan said. "When we go to out of town games, we each have our own seat on the bus that we sit in; they never change."

As the game begins the football goes flying through the air, and is caught by the opponent. The defensive line rushes toward it to stop the movement toward the endzone. We stop them from progressing any further. Just one play closer to another win.

"Nobody believed we could beat Valley, but we knew we could do it." – senior David Sosnouski.



First row: B. Dane, D. Sosnouski, K. Phompheng, C. Stairs, J. Lara, B. Fowles, A. Giri, M. Hatfield, K. Harryman, N. Hutchinson. **Second row:** E. Bappe, B. Banker, D. Kepley, D. Pollard, J. Magle, M. Fernandez, T. Phompheng, B. Osmondson, C. Devins, G. Adams, R. Tesdall. **Third row:** C. Spencer, B. Gould, Coach Cruisman, Coach Vertanen, Head Coach Daddow, Coach Pelzer, Coach Davis, Coach Jones, T. Schroeder, J. Lingelbach. **Fourth row:** G. Roberts, S. Garrison, T. Swan, B. Blackwelder, M. Recker, N. Terry, S. Cole, T. Striegal, A. Fagundes. **Fifth row:** S. McKern, C. Curtis, B. Dunlay, E. Greving, J. Hobemeier, M. Cook, C. Melvin, S. Stevermer, D. Beerman, T. Brunner, J. Wilson, B. Nesset, B. Bates, A. Hatfield, J. Ely, R. VanCannon, B. McDuffee. **Back row:** B. Hornung, C. Doyle, C. Wheatley, J. Stenhoek, D. Avey, J. Burrow.

SCORE BOARD

Varsity Football

5 wins, 4 losses

Ames	Opponent	Opp
21	Dowling	35
24	East	6
28	Ankeny	15
21	Newton	38
31	Mason City	12
41	Urbandale	24
27	Valley	21
6	Marshalltown	26
34	Fort Dodge	39



After winning the game against East, the team sings the school song. They sang it both as a victory song and as appreciation of their faithful fans. (Photo by Pam Hove)

Senior Mark Hatfield tries to get away from the Fort Dodge defense. Hatfield was one of four seniors who were the team captains. (Photo by Pam Hove)







oaches get the offense together in a huddle cuss their next strategy of play. The offense ac tough set of strategies to convey. (Photo by an Hove)

The starting defensive line sets up to show the student body their tactics during the Homecoming pep assembly before the. The assembly helped get the team fired up for the game that night against Urbandale. (Photo by Pam Hove)

WINNING EFFORTS

Combining the efforts of both the team and the individual resulted in a memorable season

By Misi Emiola

Facing a season with the odds stacked against the team and emerging victorious is something that very few and unfortunate teams must accomplish; yet, the sophomores did just that.

What were the keys to their winning season? Intense workouts, good attitudes, and the willingness to change.

"This year was the first time in my football career that I've ever played defense," sophomore Chris Tuttle said. " I've always played offense before, and I didn't like defense at first; but to my surprise, I was a lot better at it. I ended up liking it. I guess I owe that to the coaches."

Other players found themselves constantly changing positions as well.

"We were given a lot of chances to try other positions," sophomore Fola Fadeyi said, "if you liked it then you could switch to that new position. It let everyone gain a lot more experience."

Respect for the coaches was a prevailing attitude among many of the players.

"Coach Tramp and Duea work really well together and they made football a lot of fun," Fadeyi said. "Everyone tried to do their best all the time for everyone else."

Individual effort was just as important in the games as team effort.

"We were given a lot of chances to try other positions,if you liked it then you could switch to that new position. It let everyone gain a lot more experience." - sophomore Fola Fadeyi.

"People like (sophomore) John Crawford gave it his all, but he also knew when to work as a team," Tuttle said. "He stepped up when it was necessary, but he didn't forget about the team."

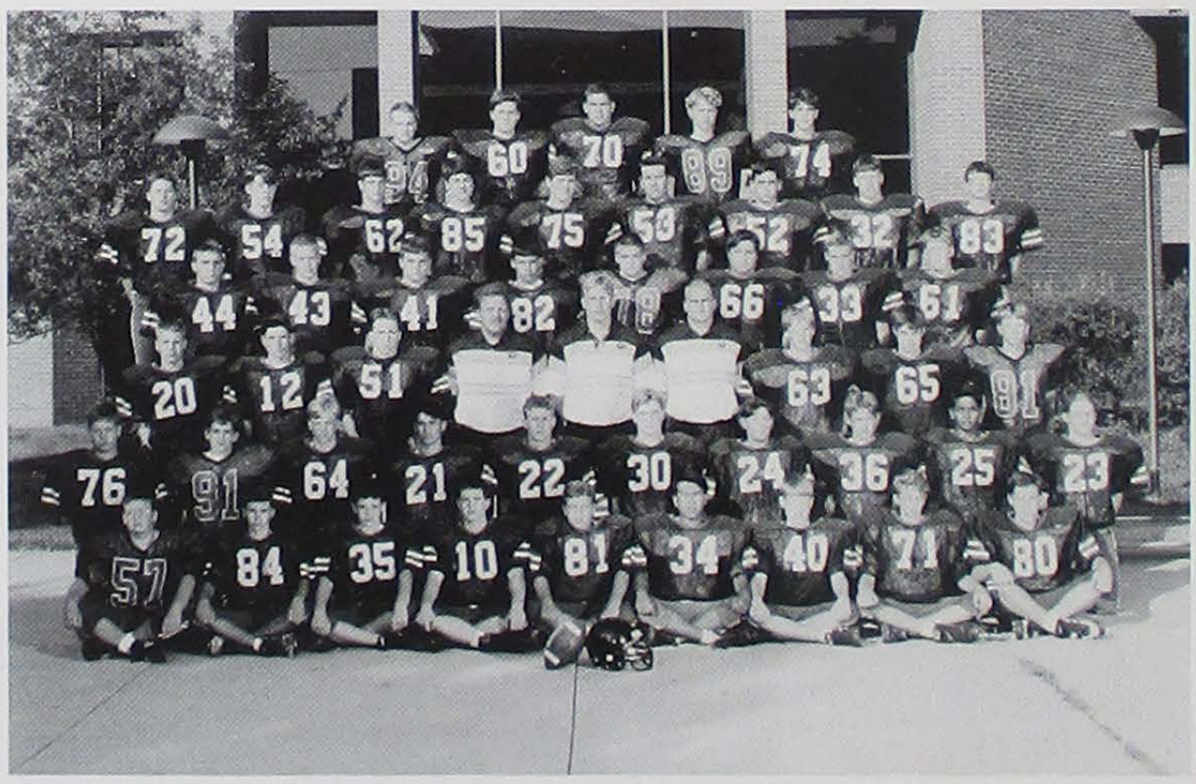
The odds came into play again last fall, this time for the freshmen. The football players found that not only did they have to get used to a new academic atmosphere, but a whole new football game.

"The main difference was that we played on one team," freshman Adam Biskner said. "We had to learn to play together and we had to adjust to playing different positions."

The team also found time during the season to do some playing off the field.

"On the bus ride home from our last game, one of our smallest guys crawled under the seats up to the front of the bus." Biskner said. "When he got to Versteeg's seat, he tied his shoelaces to the bar. When Coach got up, he ended up falling" over."

In a season full of trials and triumphs, both teams learned that working together was the best way to win when facing the odds.



Freshman football team. Front row: J. DeHoet, J. Sedgewick, B. Fogarty, J. Greenlee, B. Ziebell, Z. Thevatat, J. Burgduff, N. Sampson, A. Wagner. **Second row:** K. Nesset, B. Baumjantmr, D. Teas, A. Craig, J. Roeske, D. Cheney, M. Martinez, E. Upchurch, A. Am in, S. Griffen. **Third row:** K. Van Maren, L. Deardorff, C. Bates, Coach Lyng, Coach Versteeg, Coach Hershberg, M. Gyllstrom, S. Cameron, S. Manatt. **Fourth row:** J. Martin, J. Ernesse, C. Gardner, T. Cardwell, J. Allen, B. Buchwald, J. Mowers, J. Sellers. **Fifth row:** A. Hagen, J. Norris, R. Smalling, N. Pflug, J. Wheelock, D. Chenevert, J. Grant, A. Biskner, R. Beck. **Sixth row:** T. Sassman, D. Knapp, N. Sailsbury, E. Weeks, A. Todd.

SCOREBOARD

Freshman Football

3 wins, 6 losses

Ames	Opponent	Opp
20	Marshalltown	22
20	Fort Dodge	18
32	Ankeny	48
6	Newton	12
8	Mason City	6
0	Urbandale	22
14	Valley	25
24	Dowling	32
28	East	14



Sophomore Robbie Hieberger searches frantically for an open receiver. The sophomore team ended the season with a 5-4 record. (Photo by Jason Rearick)

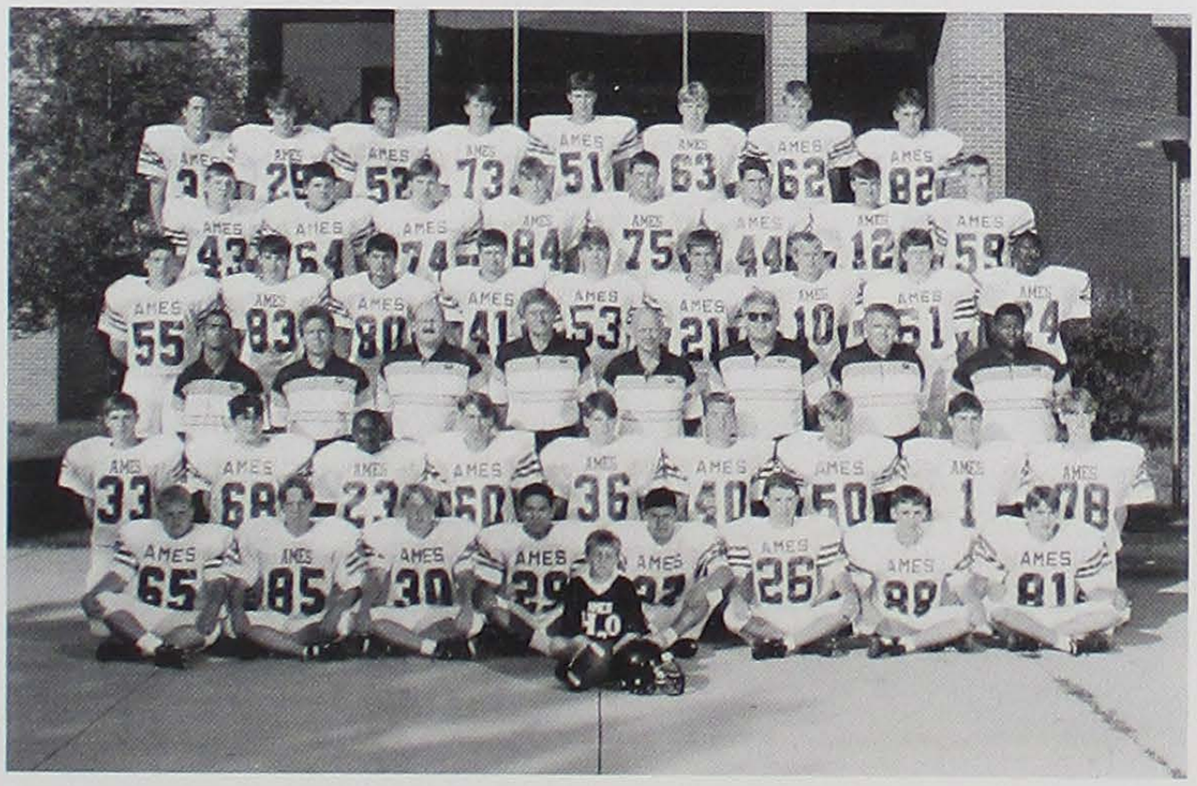
Freshman Andre Brown cuts across the field in an attempt to break through Dowling's defense. One of the team's strong points was its ability to come back in the second half. (Photo by Ariane Steffan)



Sophomore Football

5 wins, 4 losses

Ames	Opponent	Opp
27	Dowling	21
42	DM East	23
7	Ankeny	21
20	Newton	55
30	Mason City	20
36	Urbandale	15
7	Valley	14
34	Marshalltown	6
13	Fort Dodge	24



Sophomore football team. C. Litchfield. **Front row:** J. Sage, T. Shore, B. McGeeny, J. Lara, E. Kimble, E. Hallam, T. Knapp, J. Bullock. **Second row:** M. Charter, A. Bokelman, K. Tasco, A. Jonas, D. Wise, Z. Rhodes, T. Frasier, A. Wilson, M. Nelson. **Third row:** Coach Belzer, Coach Litchfield, Coach Elliot, Coach Tramp, Coach Duea, Coach Doyle, Coach Schwieger, Coach Chives. **Fourth row:** D. Hamilton, M. Kadolph, E. Auge, J. McNertney, D. Genelo, J. Russell, J. Hanson, B. Payne, F. Fadeyi. **Fifth row:** D. Burgduff, J. Bills, J. Oshel, C. Marty, J. Woodly, C. Tuttle, R. Hieberger, B. Brown. **Sixth row:** B. Antisdel, J. Simons, J. Crawford, K. Belz, M. Shimkus, A. Hoiberg, N. Bokhoven, D. Wetzel.

Making Tracks

Through early mornings and hot afternoons, the Girls' Cross countr y Team prepared themselves by pushing each other to new limits .

By Sam Grotewold

As summer wound down and school started up, the Girls' cross country team began preparing for a tough season.

"Our goal this season was to achieve a strong team bond," junior Jill Pattinson said. "When we can get this many girls working together, it's quite an accomplishment, and then everything will fall into place."

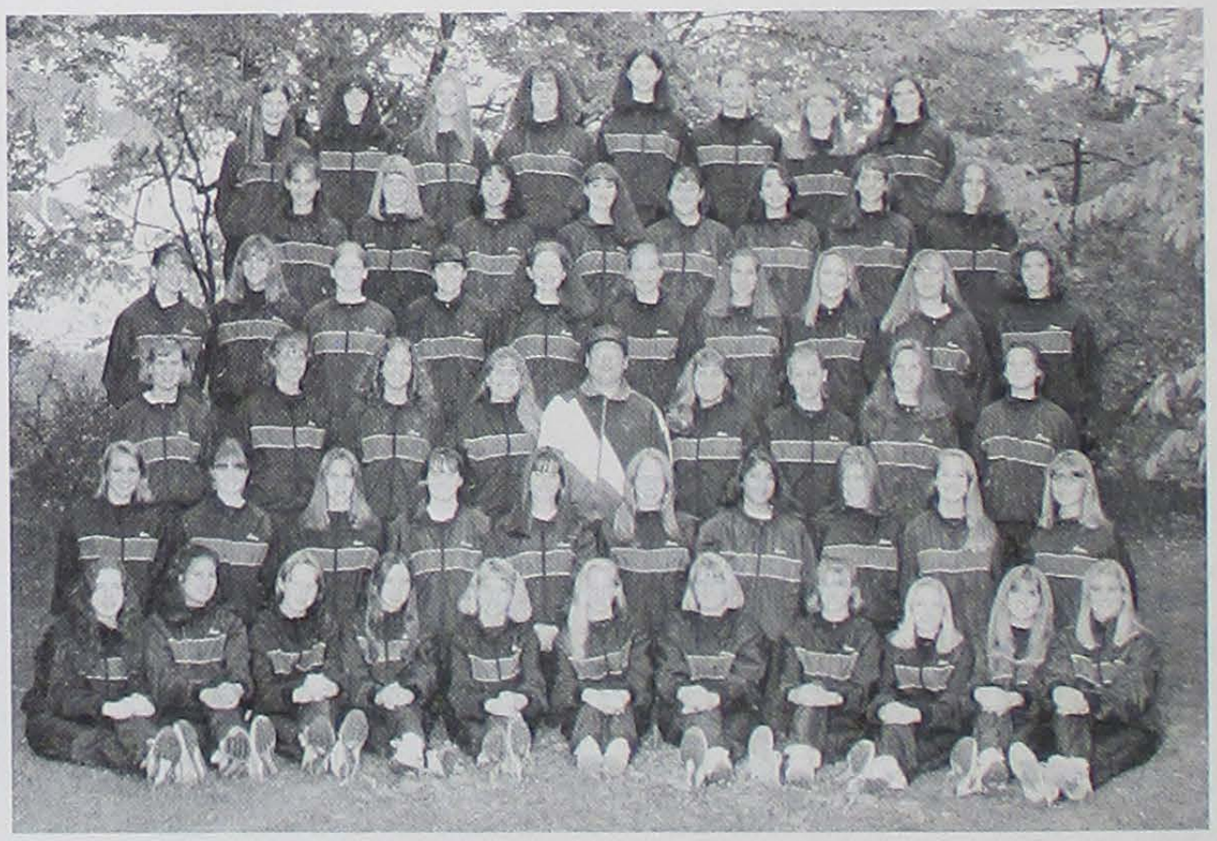
"Cross Country is exciting," junior Abby Witt said. "It's cool that we all can get together and work as hard as we do." Hard work was imperative this season, a season in which Alienor Gilchrist, last year's individual state champ, spent the first semester in France.

"Sometimes Coach Schmaltz had to give us a 'reminding' phone call at 6:30 a.m., but as soon as everybody was present, we always had a great practice."--junior Jennifer Hallihan

Apart from above-100 degree temperatures and Gilchrist's absence, "The hardest thing we had to overcome as a team was those Saturday morning practices," junior Jennifer Hallihan said. "Sometimes Coach Schmaltz had to give us a 'reminding' phone call at 6:30 in the morning, but as soon as everybody was present, we always had a great practice."

All runners were in agreement on why they put themselves through the two months suicidal practices and meets. Running cross country had become a way of life. Something that, in the off season, was missed.

"Besides," Hallihan said, "It's fun."



Front Row: S. Chaplin, N. Meyers, J. Gladden, E. Kitchell, A. Gabrielson, D. White, K. Powell, E. Werner, E. McElroy, M. Roth, J. Greenfield. **Second Row**: C. Best, M. Lehmkuhl, K. Ziemet, J. Pattinson, C. Ripley, J. Stevenson, R. Chacko, J. Larson, R. Best, A. Corely. **Third Row:** Asst. Coach Anne Van Lue, R. Abbot, T. Dau, G. Olberding, Coach Kirk Schmaltz, J. Olberding, S. Schubert, N. Thompson, A. Barnhart **Fourth Row:** B. Foote, M. Peterson, E. Bovenmeyer, K. Dunlay, J. Martin, S. Helmar, JC Elbert, A. Whitt, A. Erickson, K. Hawbaker **Fifth Row:** K. Bourne, L. Litchfield, J. Ng, J. Hallihan, A. Brenan, M. Thompson, T. Triplett, M. Roberts **Sixth Row:** A. Butin, C. Rice, S. Miller, N. Achter, A. Slocum, L. Glaesemann, L. Sargent, L. Rice

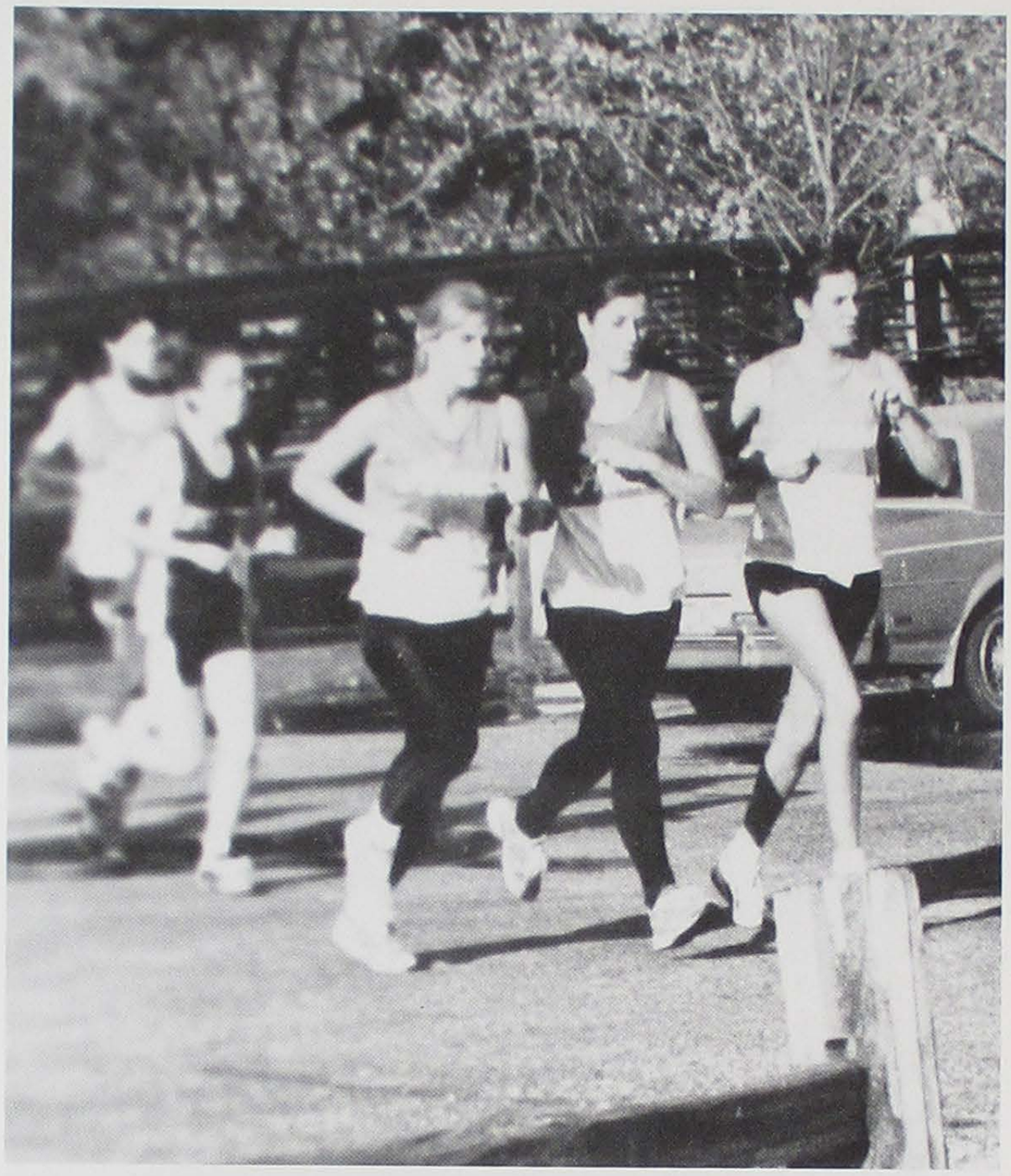






Juniors Jenny Greenfield, Carisa Ripley, and Melissa Peterson approach the half-way mark in a cross country meet at River View Park. (Photo by Kristi McConnell.)

Juniors Jenny Greenfield, Carisa Ripley and Jennifer Peterson running at River Valley. (Photo by Kristi McConnell)





ph more Ellen Kitchell battles for sit n with a D.M. Hoover runner. ot by Kristi McConell.)



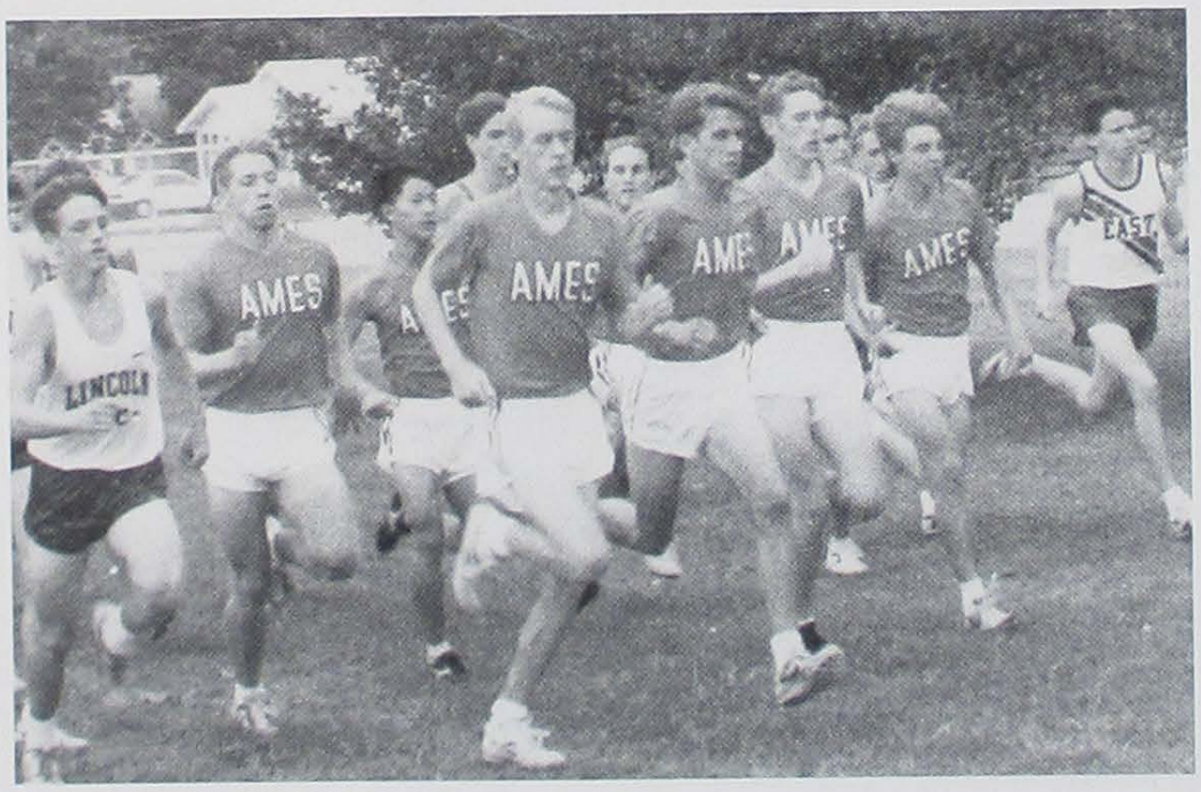
Sophomore Anne Barnhart works to pass an Ankeny runner. (Photo by Kristi McConnell.)

Varsity runners seniors Jason Miller, Clint Houge, and junior Matt Healy eye the course ahead of them at the Iowa State Fairgrounds as they race towards the finish line. (Photo by Kathy Loveland)

Racing past Hoover, senior Nick Dau strides towards victory at the Mike Augustine Invitational. (Photo by Kathy Loveland)







The boys' varsity cross country team begins with a quick lead over East Des Moines and Lincoln and aim high for victory. (Photo by Kathy Loveland)



Surging past his opponents, senior John Ellmaker gives his complete e to finishing the race ahead of them.
(Photo by Kathy Loveland)



LOOK AHEAD

The Boys' Cross Country team faced challenges and set goals as they strived for success.

By Collette Best

Two weeks before school began, 35 ambitious young men were already working out, preparing for the cross country season. In these two weeks, sleeping in was not an option for the boys. They got up and ran at 6:30 a.m. while everyone else were quietly dreaming in the comfort of their beds at home. This training continued everyday after school with meets once a week.

The team consisted of several new faces. Many found that cross country was quite a challenge at first.

"It's hard in the beginning because when you haven't run all summer then you're out of shape," Freshman Jesse Ciccotti said. "Cross country gets you in shape real fast."

The runners had team goals and individual goals that they wanted to accomplish. They got chances to grow closer at spaghetti dinners held the night before each meet. According to some, the food made them go faster.

"Throughout the season I had a goal and I met it after much hard work and a lot of spaghetti," sophomore Travis Nichols said.

"This growth may not have been reflected in win-losses, but rather in personal gain and growth both as runners and as human beings."– Coach John Sletten

The team had quite a few good meets, such as the team championship at the Mike Augustine Invitational held at the state fair grounds. There were also some disappointing meets including the conference and district meets. These disappointing meets seemed to over shadow the good meets that the team had.

"A wise man once said, 'Losing builds character'. However, no one needs that much character," said junior Matt Pyle.

Even with the pitfalls, a positive spirit, a winning attitude, and a lot of smiles stuck through till the end.

"Although the season ended disappointingly," Senior Mark Sedgwick said, "I think it was a learning experience for everyone on the team. The young guys have a lot to look forward to."

The season helped the runners to grow in many ways that will stay with them throughout their lives. Many of the runners improved their times significantly and got better with each race.

"This growth may not have been reflected in win-losses," Coach John Sletten said, "but rather in personal gain and growth both as runners and as human beings."

SCORE BOARD

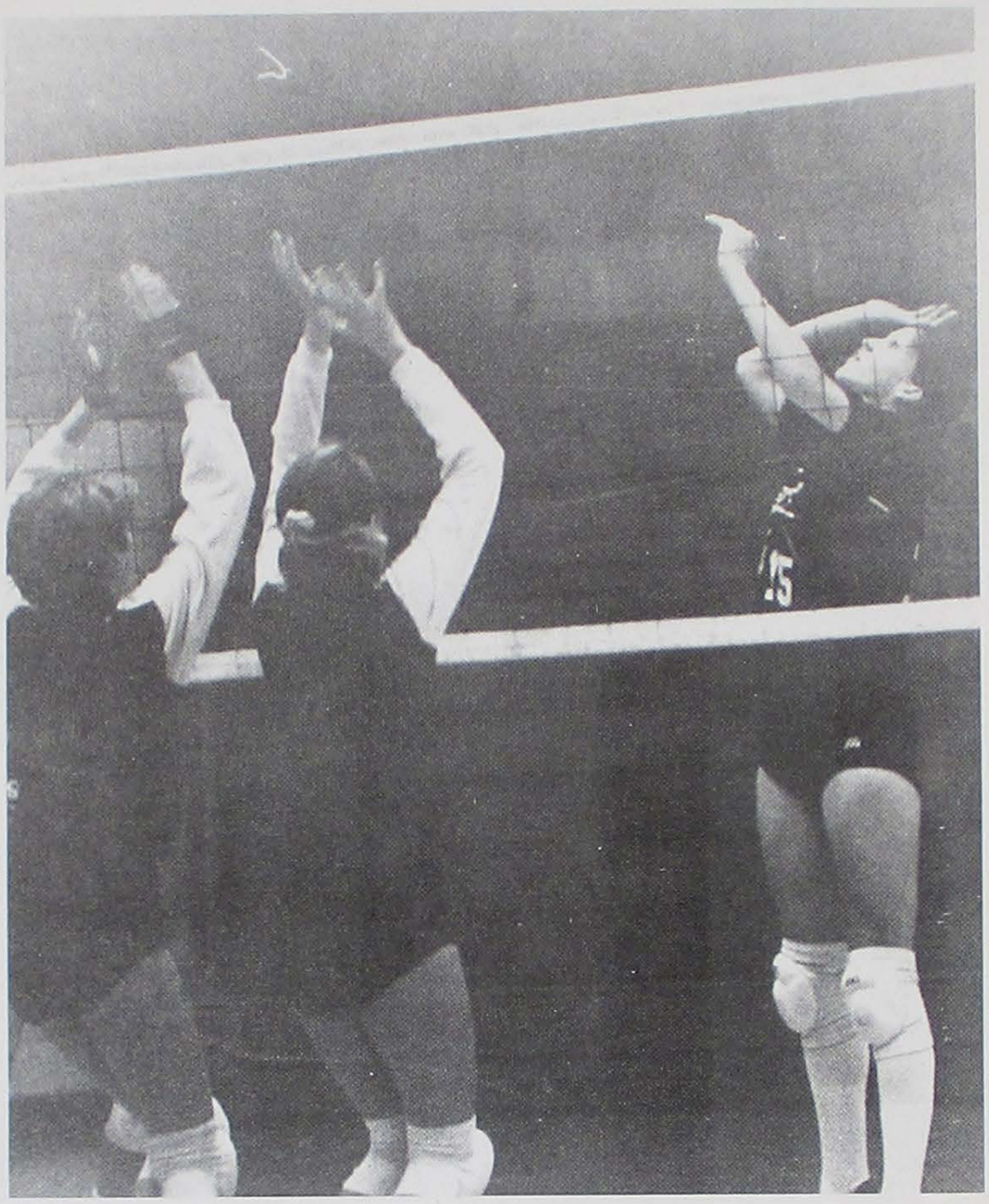
Meet	Place
Little Cyclone Invite	2nd
Cedar Rapids Invite	4th
Tom Karpon Invite	2nd
Indianola Invite	3rd
Ankeny Invite	3rd
Mike Augustine Invite	3rd
CIML National Conference	6th
District	5th

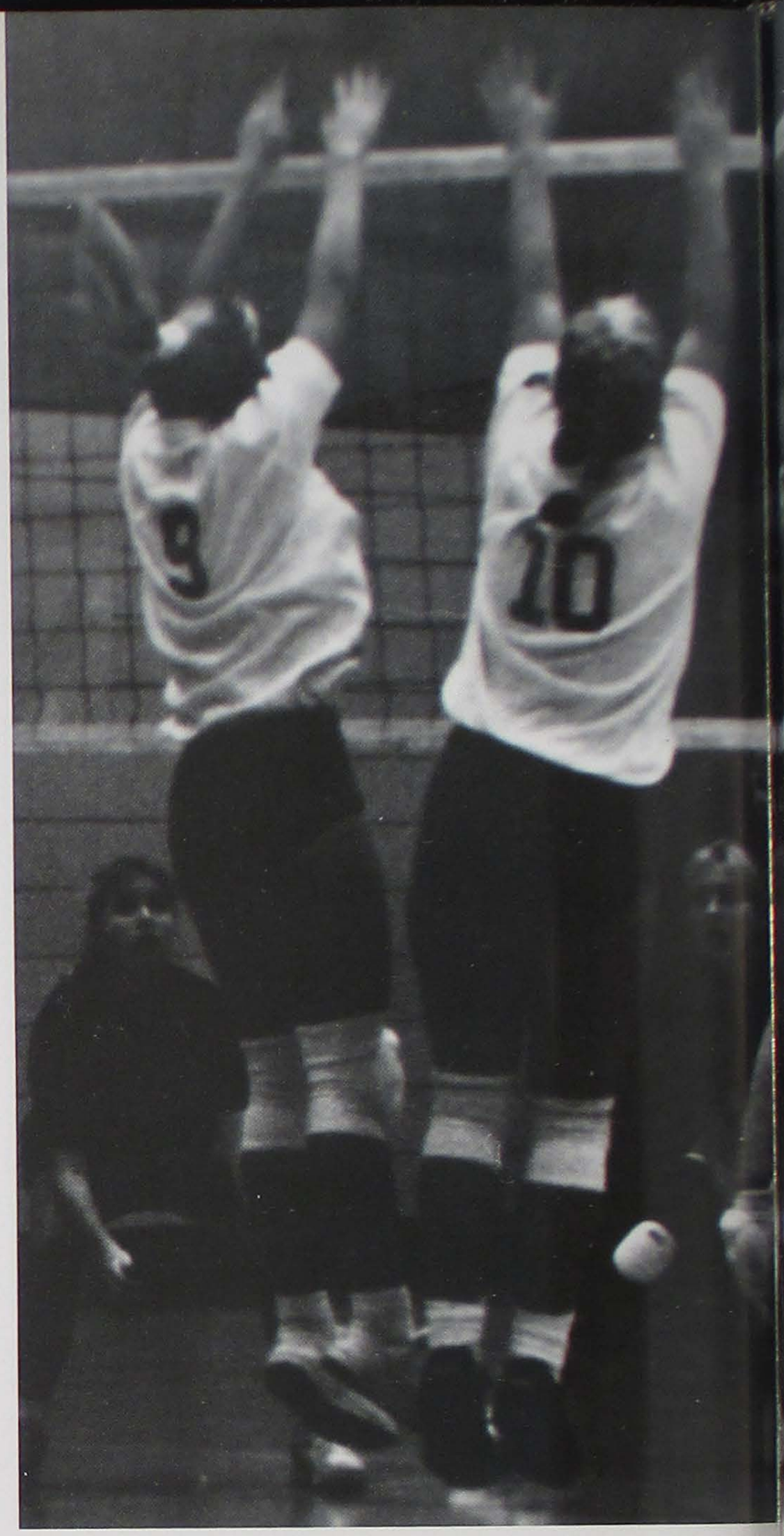


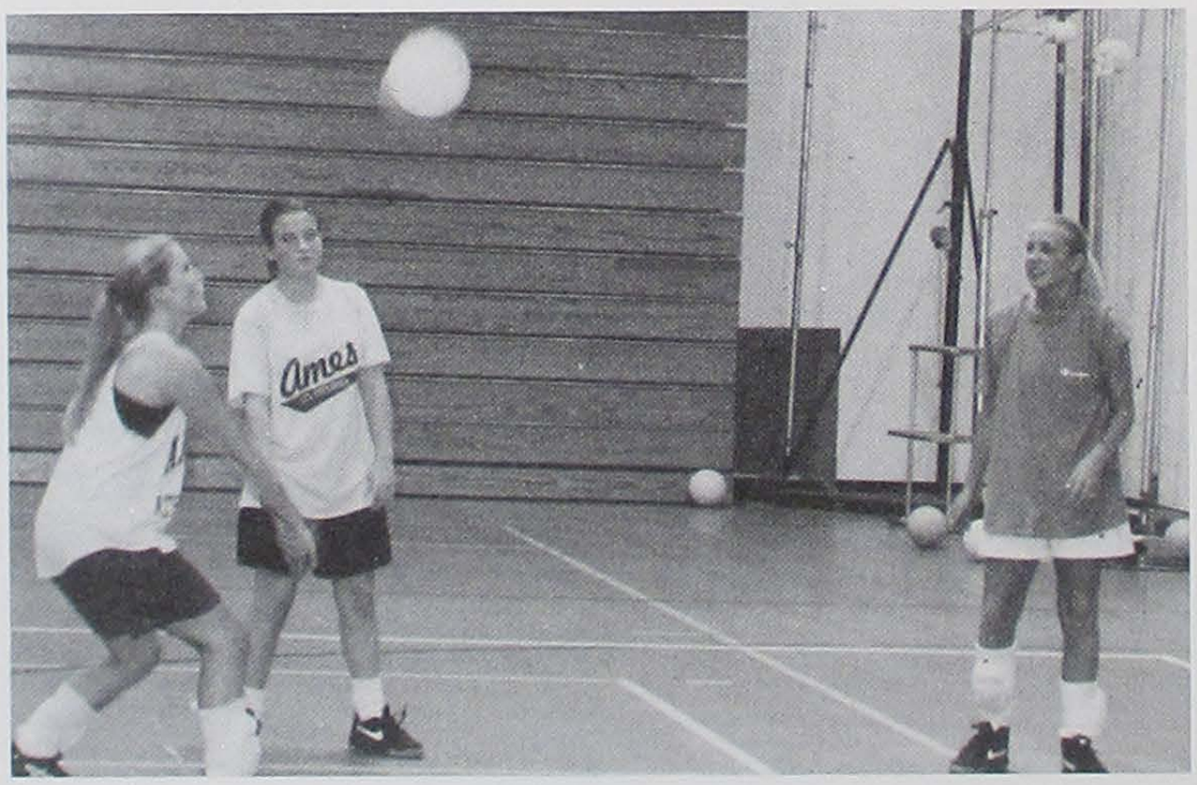
First row: M. Healy, J. Ciccotti, W. Huang, B. Hill, A. Sage, M. Sedgwick, J. Weigel, B. Grant, D. Steelman**Second row**: A. Hertz, K. Achter, J. Titus, T. Nichols, T. Hamblin, R. Ghaffarzadeh, Z. Keller, D. Johnston, G. Willard, M. Morain **Third row**: Coach Sletten, J. Wray, E. Lehmkuhl, A. Proescholt, P. Stewart, J. Nichols, M. Vardeman, J. Ellmaker, Asst. Coach Netusil **Fourth row**: B. Gilchrist, D. Ginder, J. Miller, N. Dau, D. Cook, C. Houge, M. Pyle, D. Evans, S. Mullica

With intensity and strength, sophomore Barbie Bennett spikes the ball while sophomores April Goodwin and Kayla John kept their eyes on the ball and covered her. The JV team went on to win the match. (Photo by Ariane Steffan.)

Patiently and with great concentration, sophomore Julie Ollila kept her eyes on the ball and prepared to hit it to the opposing team, Fort Dodge. (Photo by Ariane Steffan)









Practice isn't always fun and games, sophomore Lindsay Carey delivers the ball to sophomore Michelle Gano, while Emily Hawkins looks on, also a sophomore. (Photo by Ariane Steffan.)

Front Row:P.Juelfs M.Lutz A.Jones S.Mohs J.Olson R.Kinsbury M.Hunt **Second Row**:A.VanSlyke A.F J.Ollila M.Hunziker A.Grundmann S.Schwarzenbach J.Johnson C.Engelhorn H.Kliebenstein K.John L.E B.Bennett **Third Row**:S.Toftey N.Thiedi J.Keller Coach Starr Head Coach DeKoek Coach Clinton Coach Coach Freidrick I.S.U Trainer Trainer Miller L.Miller A.Goodwin E.Johnson **Fourth Row**:J.Memaken C N.Lohr L.Carey N.Richardson L.Beerman M.Gano K.Milleman M.Radenmacher J.Sprong Hawkins M. **Back Row**: B.Gardner S. Lincoln K.Hallihan T.Fadeyi J.Lee S.Madson R.Randall K.Mogard J.Day E.We K.Anderson M.Wood D.Tesdall R.Moon B.magel A.Engelen T.Nassif



TEAM DEDICATION

Without each and everyone of the player's devotion and commitment, there would have been no team

By Vanessa Kuo

Volleyball is a sport that requires dedication, teamwork and practice. The volleyball team had many devoted members who put in numerous hours of practice. It takes just a little more of everything to be the best.

Not only must a player have the commitment and the effort to be an outstanding player, they must also encourage their teammates.

"I love volleyball for it's excitement and versatility as a sport. It is a team sport as well as an individual sport," sophomore Julie Ollila said.

Getting up early and playing games while most people were still asleep did not seem to bother the members. In fact most of them enjoyed playing in all games.

"The best part of volleyball is the games, even though some are early in the morning. It's fun to play in games as well as the practices," Ollila said.

The devotion that each team member had was amazing. They wanted to win, but sometimes they just simply loved the game.

"I love volleyball for it's excitement and versatility as a sport. It is a team sport as well as an individual sport" – sophomore Julie Ollila.

"I love everything about it, the excitement of the game and also being part of a team," sophomore Laura Beerman said.

There are times when things don't always go right. In the beginning of the season players don't always work as a team. They had to work continuously to be a united team.

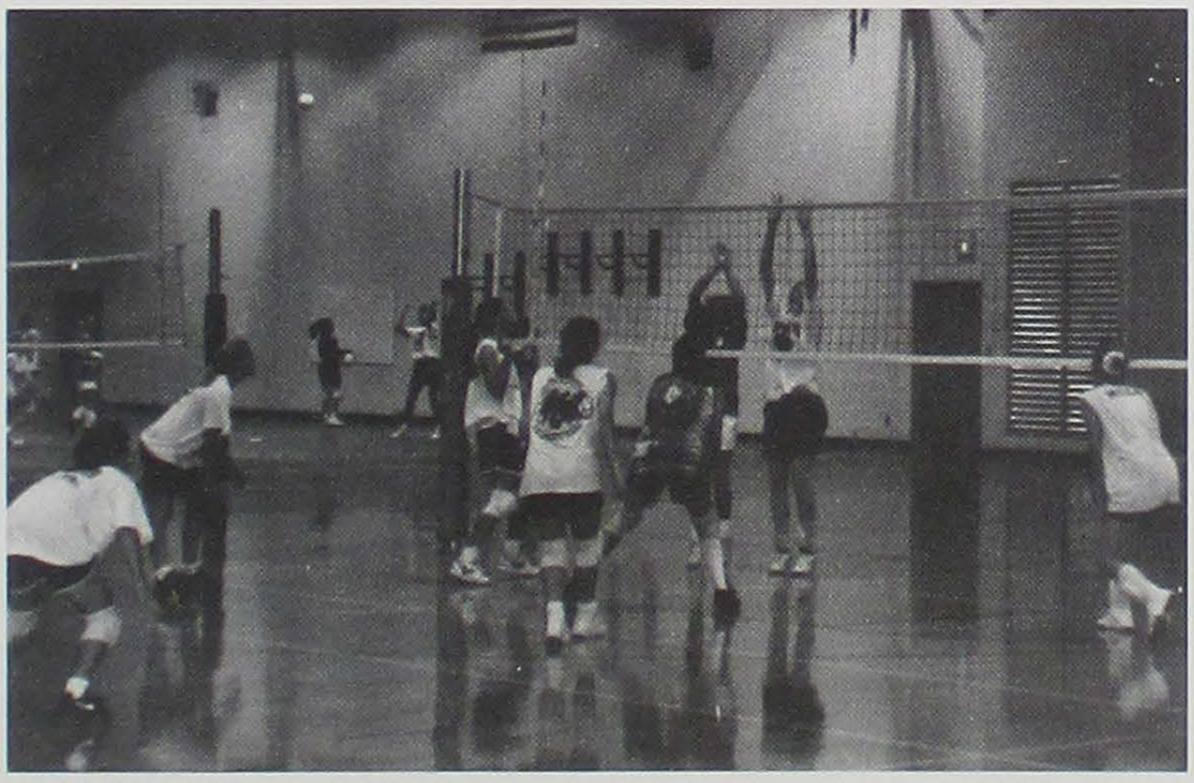
"In the beginning of the season we were rough and we didn't play like a team. Everyone had their own playing styles but we tried to combine our styles and by the end of the season we were played much better," senior Jenny Olson said

Senior Jenny Johnson, who made the all state second team, said, "The team was sort of 'clicky', certain people cared more about the game then some of the others, but the season went all right though."

Countless hours of practicing finally did pay off, whether it was an individual win or a team win. Practice, dedication, effort, and team work got the team to an overall great season.

Varsity Volleyball

Ames	Opponent	Opp
3rd	Ames Earlybird	
0	Ankeny	3
6th	Metro Inv.	
3	Mason City	0
3	Webster City	0
1	Marshalltown	3
3	Norwalk	0
2	Newton	3
1st	Unrbandale Tour	
0	Urbandale	3
2	Valley	1
3	Fort Dodge	2
2nd	Districts	



To be alert and on your toes is a must for this sport of volley ball. Players have to be ready to hit, block or spike the ball. (Photo by Ariane Steffan)

UNIQUE STRIDES

Achieving personal bests and breaking records helped to bring this year's team together

by Robyn Epstein

On the night of a girls' swimming meet one wouldn't expect to see a group of girls parading around the pool wearing long black parkas. But it was a unique ritual for this year's team.

"Prior to a meet we do our warm-ups in the pool and then we get our parkas on," senior Melinda Hefley said. "The seniors give a speech and then we walk on deck and gather in a corner repeating cheers. It really gets us ready for the meet."

Many swimmers used individual techniques that mentally and physically prepared them for such a meet.

"Throughout the week before the meet I train hard," sophomore Nicole Shaull said. "I stop thinking about it and I just try to relax."

"I picture the meet in my mind the night before," Hefley said. "I picture the mood, who's going to be there, and exactly how I want the race to go, with no surprises."

Besides having a good season with a lot of team spirit, many personal bests were made and a few pool records were broken.

"This year I really feel we're like a family" –senior Melinda Hefley

"At the Ames Invite, at the beginning of the season, I broke the pool record in the 100m breaststroke," Shaull said. "I was really excited because I had been within a second since last year."

In a dual meet against Valley later in the season, Shaull also broke her own record in the breaststroke.

"I dropped ten seconds off of my butterfly during the meet with Marshalltown," junior Keyea Meyer said. "It was only the second time I had swum it this year so I was really surprised. I just concentrated on my stroke, not about winning."

The seniors agree that this year is special compared to other years, not only because this was their last year on the swim team.

"This year I really feel we're like a family," Hefley said. "We all just seem to click. It's really great."

So if one happened to have witnessed the ritualistic parade of swimmers, they should realize that it was not just another team. It was a hard-working, record-breaking, dedicated team of individuals who are united as one working hard for themselves and their school.



Front Row: K. Marvick, J. Larson, C. Martin, M. Hefley, B. Foley, S. Jolly, S. Britson, R. Berning, M. McCracken. **Second Row:** P. Knutsen, A. Van der Valk, S. Brcka, C. Flores, N. Padgitt, L. Summers, E. Palmas, K. Meyer, U. Mitra. **Third Row:** E. Jensen, J. Dixon, M. Parrish, E. Life, E. Naive, N. Shaull, S. Mills, K. Christiansen, M. Stephenson, K. Nelson, R. Elwick, A. Lankford. **Back Row:** A. Lanczos, K. McGeeney, B. Newton, M. Levine, B. Winton, Asst. Coach Eavers, K. Greving, M. Jacobson, Asst. Coach Ziebold, M. Marvick, S. Cox, M. Jensen, B. Crockett, A. Elston, Coach Svien, N. Jansen, C. Meyers, M. Carlson, A. Roth, S. Hegland.

SCOREBOARD

AHS	Opponent	Opp
119	Ankeny	51
1st	Boone/Carroll	
2nd	Ames Invite	
38	Mason City	63
4th	M'town Invite	
59	Marshalltown	124
93	Newton	77
76	Fort Dodge	101
4th	Urbandale Invite	
72	Urbandale	108
73	Valley	97
7th	Conference	
5th	District	
24th	State	



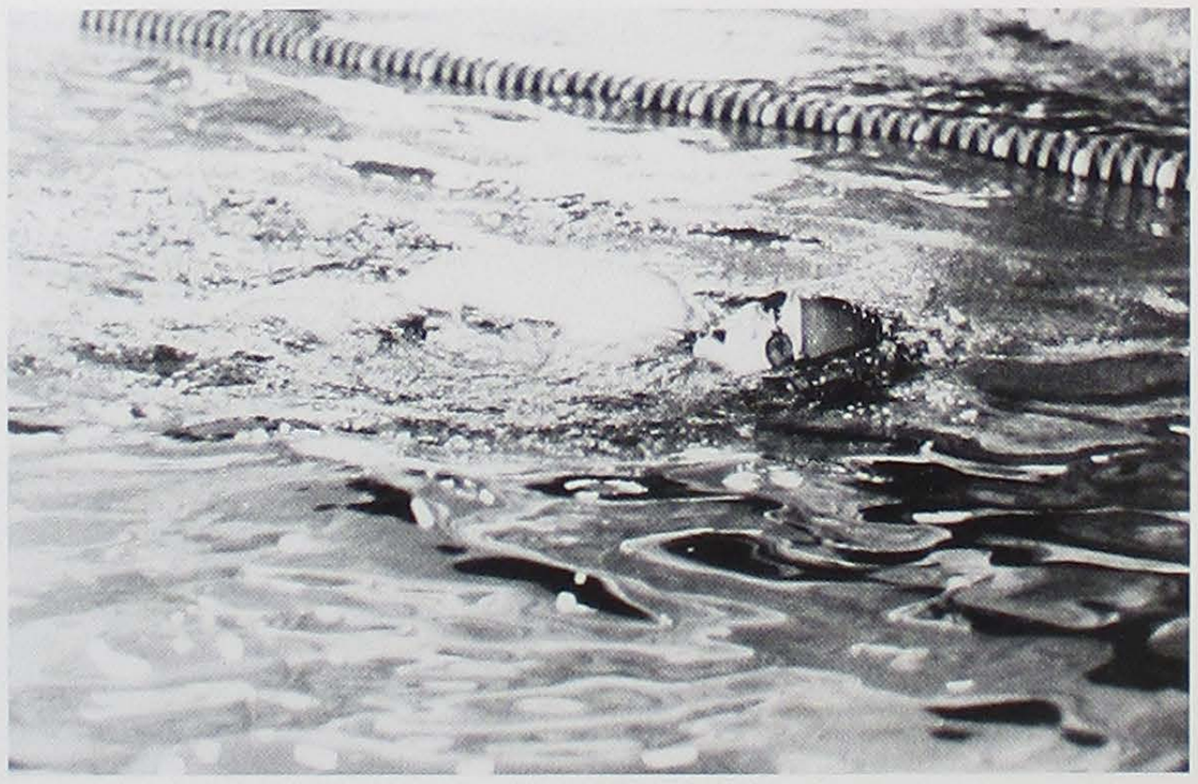
Sophomores Karina Nelson and Michelle McCracken get ready to play water polo during swimming practice. It was a regular activity to alleviate the pressure of working on their form and speed. (Photo by Robyn Berning)

Junior Cata Flores helps put up the lane lines before a meet. Each swimmer had a job to do before the meet to make the preparation go faster. (Photo by Robyn Berning)





Before a meet the swim team relaxes while Coach Svien gives them an inspirational pep talk. The swimmers felt that this helped them do better during the meet. (Photo by Robyn Berning)



Sophomore Robin Elwick practices on perfecting her stroke during practice. She swam freestyle in Varsity meets many times throughtout the year. (Photo by Cata Flores)

SUCCESS TO A TEE

The boys' golf team overcame inexperience to shoot for a season of success

By Shannon Kenealy

Golf is a sport of great skill and concentration. Even the "greats" have their not-so-great days. It is consistency and persistence that come only with time and practice that make players and teams successful. The golf teams lacked experience this year, yet still maintained the drive and determination to accomplish small triumphs throughout the season.

"We started the season out on a high note in our first couple meets. But throughout the rest of the season, we had a lot of guys competing for the last few varsity spots," senior Eric Spear said. "The season overall was good, but we had a lot of struggles in the squad and with other teams."

Despite the lows of the season, there were plenty of personal triumphs for the golfers. Each practice and meet aimed toward gaining consistency and confidence.

"The season could have gone better for us as a team,so the highlight of my season was golfing my personal best and being the medalist at the Marshalltown meet," freshman Jon Olson said. Olson was one of the underclassmen on the squad who got the opportunity to play varsity golf.

> "The senior's goal this year was to make it to state. We fell short of this, but the season was a success because we enjoyed playing golf." –Senior Ethan Olberding

Some golfers felt the district meet was a disappointing ending to the season.

"After working so hard all season, the district meet was sort of a disappointment," sophomore Brian Good said. "We were a young team and our inexperience showed at times, and the district meet was when experience really counted."

One golfer summed up the uncertainty and the overall tone of the season well.

"The senior's goal this year was to make it to state," senior Ethan Olberding said. "We fell short of this goal, but the season was a success because we enjoyed playing golf. Even practices were competitive, yet fun."

The golf season may not have been one of monumental victories, but the team found their own success in consistently taking advantage of each opportunity.



Front row: C.Dakan, B.Fleihler, D.Kinley, A.Woodin, B.Good. **Second row**: E.Spear, J.Schroeder, J.Olson, D.Jeong, B.Harms. **Third row**: Coach Kay Bartlett, R.Ridnour, E.Olberding, J.Rudolphi, T.Stenberg, J.Skluzacek.

SCOREBOARD

Meet	Finish	Medalist
Ankeny	1	Jeong 40
Boone	2	Skluzacek 40
Mason City	1	Olson 36
Urbandale	1	Spear 40
Ames Inv	12	Ridnour 42
Valley	2	Olberding 37
Marshalltown	1	Kinley 38
Fort Dodge	1	Good 37



Junior Ryan Ridnour follows through with his swing in a practice at the Ames Golf and Country Club. Ridnour was one of many golfers who participated on a competitive seven member varsity squad. (Photo by Alicia Ackerman)

Senior Ethan Olberding receives certificates of recognition and award from coach Kay Bartlett at the annual boy's golf banquet. Olberding and fellow senior Thomas Stenberg served as co-captains for the team. (Photo courtesy of Ethan Olberding)







more Brian Fleihler lines up a put during practice. Fliehler was one of underclassmen on a young golf team. (Photo by Alicia Ackerman)

Seniors Ethan Olberding, Eric Spear, and junior Ryan Ridnour prepare to tee off on the driving range. Golfers spent a good deal of practice time perfecting their drive. (Photo by Alicia Ackerman)

STEP ASIDE

Cheerleaders spent time preparing for Pep Rallies and State Competition.

By Aubrey Robbins

"IGNITE!... EXPLODE!... ORANGE AND BLACK!... BIG AND BOLD!" The cheerleaders have been chanting their cheers . They cheer, jump, kick , yell and smile all the while. The band starts "Loyalty" and the cheer squads get into order. After the loyalty routine, they go back to their own cheers.

Few people realized what cheerleading involved. Pep rallies, posters, and the decorations we saw on the football players' lockers were their responsibilities.

"We usually start preparing for a normal Pep Rally two or three weeks in advance. Some of the larger Pep Assemblies take three or four weeks to plan. We practice for an hour and a half four days a week. It's a lot of fun, even if we're not always appreciated. " senior Charity Roberts said.

Pep Rallies are planned several weeks to a month in advance. Cheerleaders do college level stunts that require precision timing and planning.

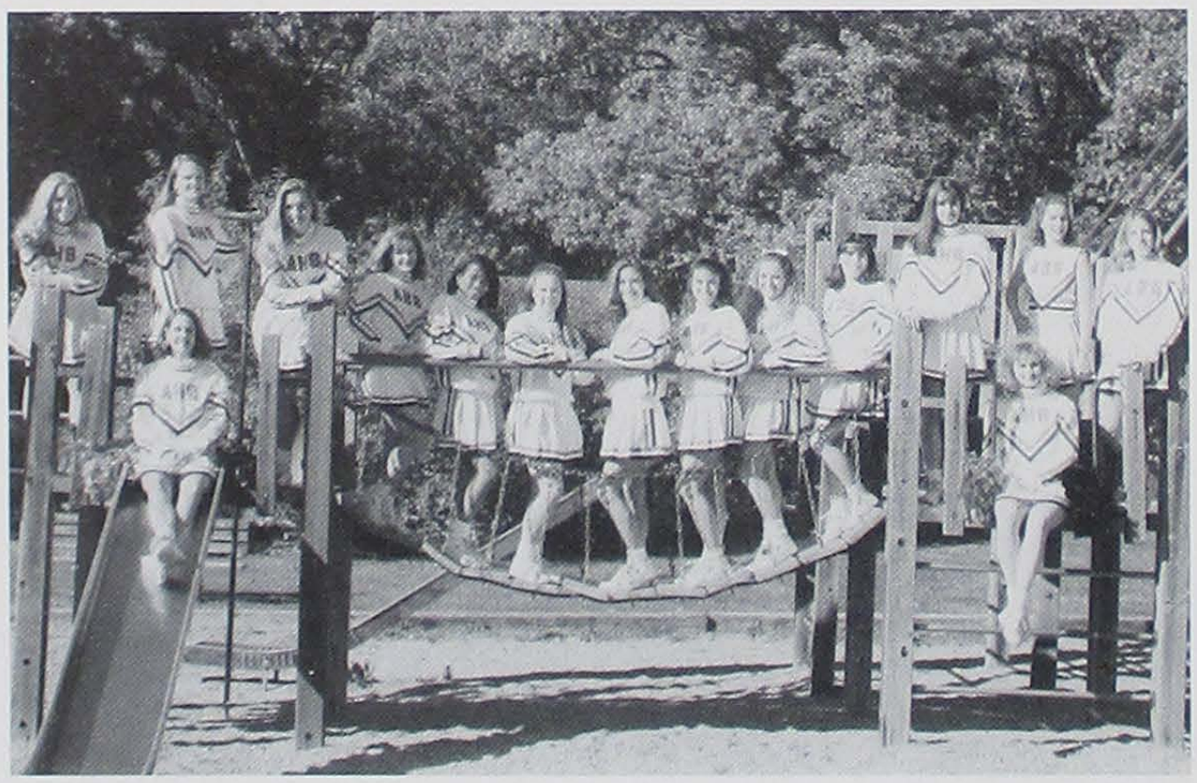
" When they put me up into a liberty, the first thing I always think of is that I'm going to fall. Of course I never do but I always think that. " sophomore Michelle Boster said "You have to trust the person holding you because if you have no faith in the person putting you up, you will fall."

> "We're successful because we worked as a team and we believed in ourselves " - senior Misi Emiola

The cheerleaders have been competing in the Iowa High School Cheerleading Conference since it was founded three years ago. This year was the fourth year of the conference and the fourth year that Ames High has won. This says a lot for the team.

" Our Coach, Mark Bagon, taught us that we should always be confident but not cocky. So everyday at practice we attacked everything with confidence." senior Misi Emiola said. "When we got to State Competition, other squads saw this and it psyched them out. We were successful because we worked as a team and we believed in ourselves. Other squads couldn't top that."

Fall activities kept the Cheersquad busy. They devoted a lot of time and effort in order to keep school traditions and uphold their standards, and they met their goals head on with confidence.



Varsity Cheersquad. Front: Julie Swanson, Suzy Craig. **Back:** Lindsey Pyle, Kara Belz, Elizabeth Andre, Lisa Biggs, Misi Emiola, Cassie Clyde, Heather Wright, Shannon Kenealy, Carrie Schram, Shelley Jaspering, Melissia Goehring, Claire Roth, Melissa Green.



Freshman Cheersquad. Left to Right: Amy Hatten, Kelly Garrison, Katie Finn, Carter, Ginny Gronin, Emily Kell, Elizabeth Hallam, Julie McKay, Hilary Barta, Lin Pick, Erica White, Janelle Hutchinson, Mindy Wilson.



After tasting sweet success for the fourth year in a row, the cheersquad gathers for a group hug. The cheerleaders prepared for months for this performance for state competition at South East Polk High School. (Photo courtesy of Shannon Kenealy)

Cheerleaders enjoy home games because they can have more fun. Junior Melissa Goehring and senior Lisa Biggs join senior Andrea Mundt and junior Jennifer Rehbien in the tradition of " The Snake." (Photo courtesy of Lisa Biggs)





Sophmore Cheersquad Back Row: Dana Doran, Renesse Osterberg, Heather [illegible] Heather Risse. **Front Row:** Jill Watson, Kathy Craig, Alyssa Speck, Allison [illegible] **Not Pictured:** Michelle Boster.

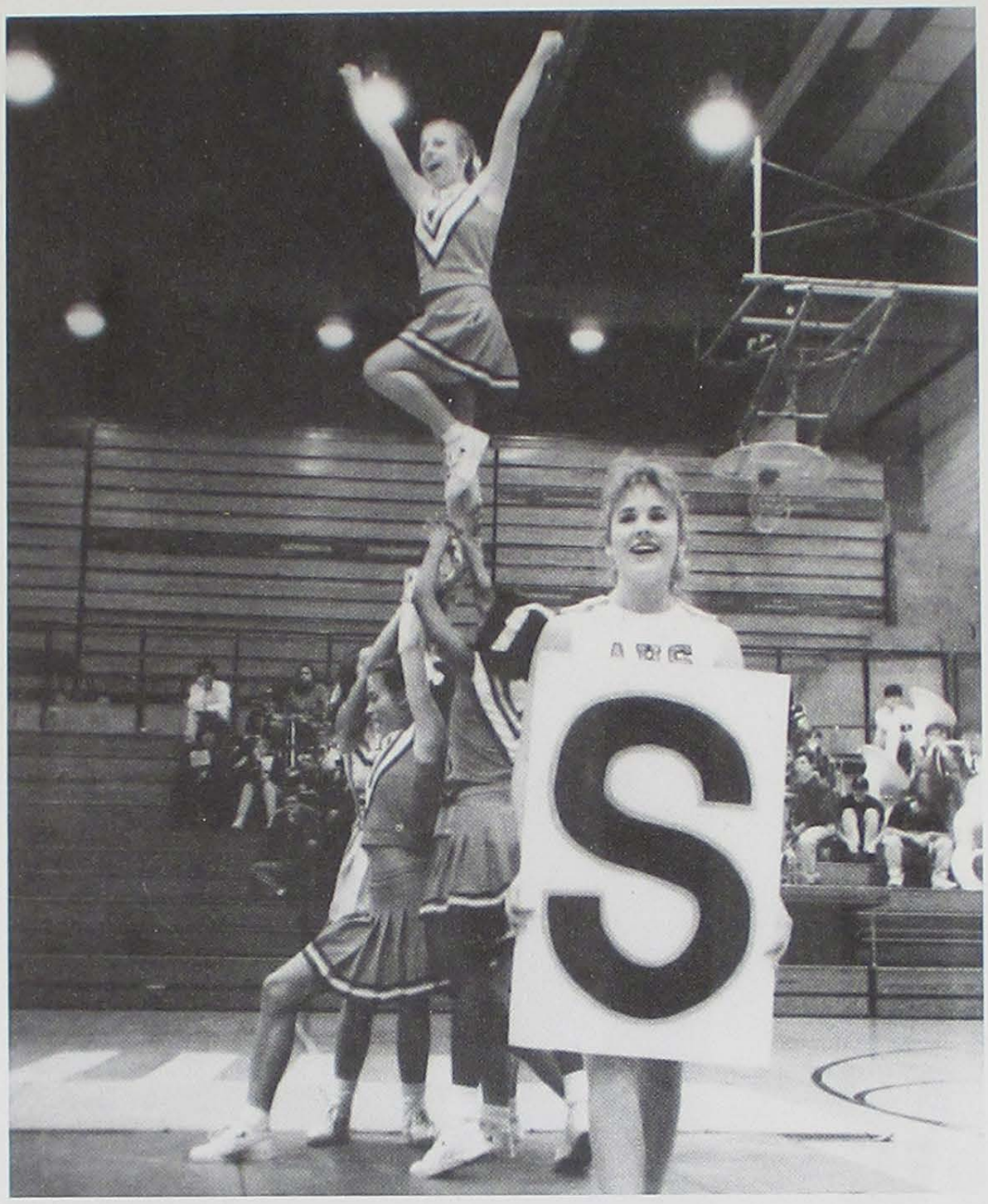


State Competition Cheersquad: **Back:**Coach Slaughter, Coach Bagon, K. Belz, C. Schram, S. Craig, H. Wright, M. Emiola, M. Goehring, S. Jaspering, L. Krumm, Head Coach Wilson, Coach Vertanen. **Second row:** C. Clyde, E. Andre. **Front:** J. Swanson, L. Pyle, S. Kenealy, L. Biggs, N. Fisher, M. Green, C. Roth.
(Photo Courtesy of Lisa Biggs)

Senior Melissa Green cheers loudly from her position in a high torch. Green is based by seniors Heather Wright and Niki Fisher. (Photo courtesy of Misi Emiola)

Showing off that he can execute a high-flying toe-touch, junior Nathan Terry leaps into the air to the wild screams of the crowd. Terry and several others participated as mock cheerleaders in the final winter pep assembly. (Photo courtesy of Misi Emiola)







Varsity Wrestling Cheersquad (left to right): Shelley Jaspering, Shannon Kenealy, Heather Wright, Niki Fisher, Melissa Green.

Varsity Basketball Cheersquad (left to right). Front row: M. Goeb M. Horton. **Second row:** M. Stegge, S. Paniagraphy, C. Clyde, T. Popelk Kubera, K. Loveland, C. Roberts, B. Shields. **Back row:** L. Miller, L. mers, M. Peterson, C. Gelina.



Flying High

The time and effort involved in cheerleading proved that each member of the squad was dedicated to increasing school spirit.

By Misi Emiola

When the 3 o'clock bell rings, most students desert the high school for new and more exciting activities. However, a select number of girls head towards the gym balcony to begin a series of stretching excercises, jumps, and high-flying stunts that would make most students cringe.

"It's so easy for accidents to happen that it's scary," senior Heather Wright said. "You have to have in lot of faith in the people who are basing you and also in your spots. Stunting isn't really for everyone."

Some of the cheerleaders found that it was easier to fly in mid-air, than to balance all the activity involved with raising school spirit.

"No one really notices or appreciates how much we actually have to do," junior Melissia Goehring said. "They think all we do is go to practice and scream at the top of our lungs. But we really have a lot to do."

Cheerleaders who were new to the sport found that Goehring's statement held a lot of truth.

"Cheerleading takes a lot of time," sophomore Julie Dickson said. "Practice is a lot of work, there's a lot of precision involved, especially with jumps and arm motions. Cheerleading is all worth it because it's so much fun, and it is a sport because we all work hard."

> "You have to have in lot of faith in the people who are basing you and also in your spots."– senior Heather Wright.

Hard work and commitment seemed to be an integral part of cheerleading, just as in any other sport.

"One week, we planned for the assemblies, practiced stunts and cheers, put signs up all over the school, and also cheered for 3 games," Goehring said. "When I got home, I still had homework to do."

When teams take to the court, or the mats, all attention is riveted on them. However, one should take the time to notice the other athletes present; the ones who took the time to paint signs in support of their classmates and who showed up to yell loudly for their friends. High-flying, energetic, and full of cheer, they represent our school spirit. Just like their teammates on the court or wrestling mat, they are dedicated to their sport and strive to do their best at all times.



Sophomore Cheersquad (left to right). Front row: H. Herold, J. Baker, M. Wooster, R. Osterberg, A. Corley, N. Shaull, J. Dickson, A. Rippke, M. Johnson.



Freshman Cheersquad (left to right): B. Winton, A. Lanczos, A. Choat, B. Crockett, K. Garrison, T. Nassif, K. Osmundson, A. Hatten, E. White, B. Magel, E. Hallam, T. Fadeyi.

AHS Flies High

Even with the Cyclones tough season, they still managed to come away with a winning attitude.

By Jennifer Whalen

Friday nights are a time when friends can get together, and many AHS students spent their Friday nights sitting in the gymnasium cheering for the Little Cyclones.

The Little Cyclones basketball team set out to accomplish goals they set at the beginning of the year and to surpass the goals they made last season.

"This season we wanted to win 10 games," junior Brian Caldwell said. "So far it doesn't look like we will meet our goal, although we have won four more games than last year's team."

Anyone that has ever thought that winning was the only important part of a sport obviously had never seen the Little Cyclones in action. Even though winning was still important to the Little Cyclones, it was not the only thing they had on their minds for future goals . It was how they played as well as how they functioned as a team.

"We have definitely played better as a team than we did at the beginning of the season," Caldwell said. "At the beginning of the year we played more individually, but as we got further into the season we began playing more as a team."

> "I have seen lots of improvement in a lot of the players since the beginning of the season."– Senior Andrea Mundt

Although the team may not have met the goals in terms of winning, senior Andrea Mundt, a manager of the team had a different perspective of how she felt the team had been doing from what she saw from the bench.

"I have seen improvement in a lot of the guys since the beginning of the season," Mundt said. "The older players, I feel, have stepped up and have helped some of the younger members of the team reach their goals."

Each team member has a job on or off the court whether it's playing on the court or sitting on the bench cheering for the players or giving encouragement, the job for most of the fans was to give the team their support and to wish them well in hopes of another state championship.



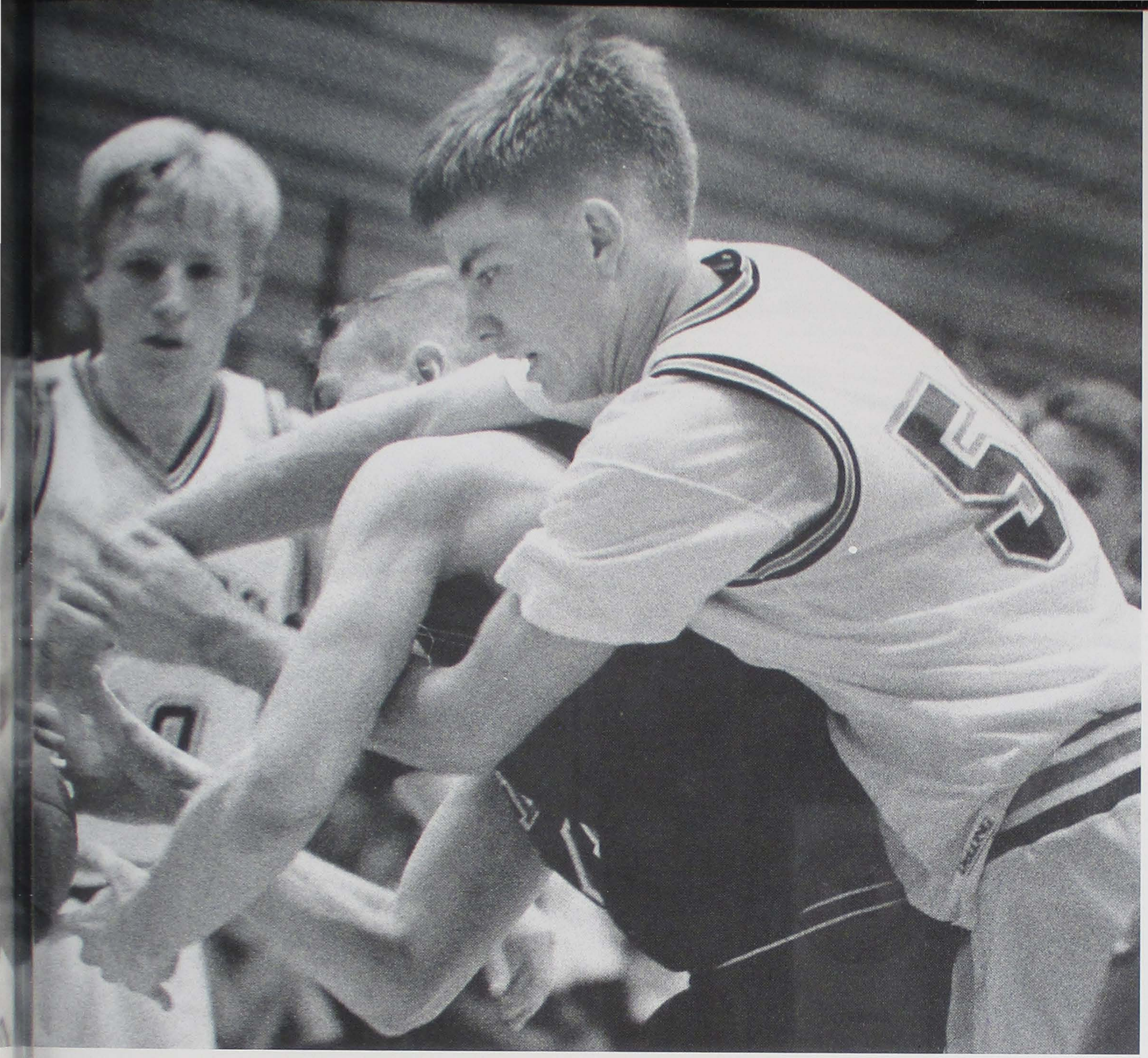


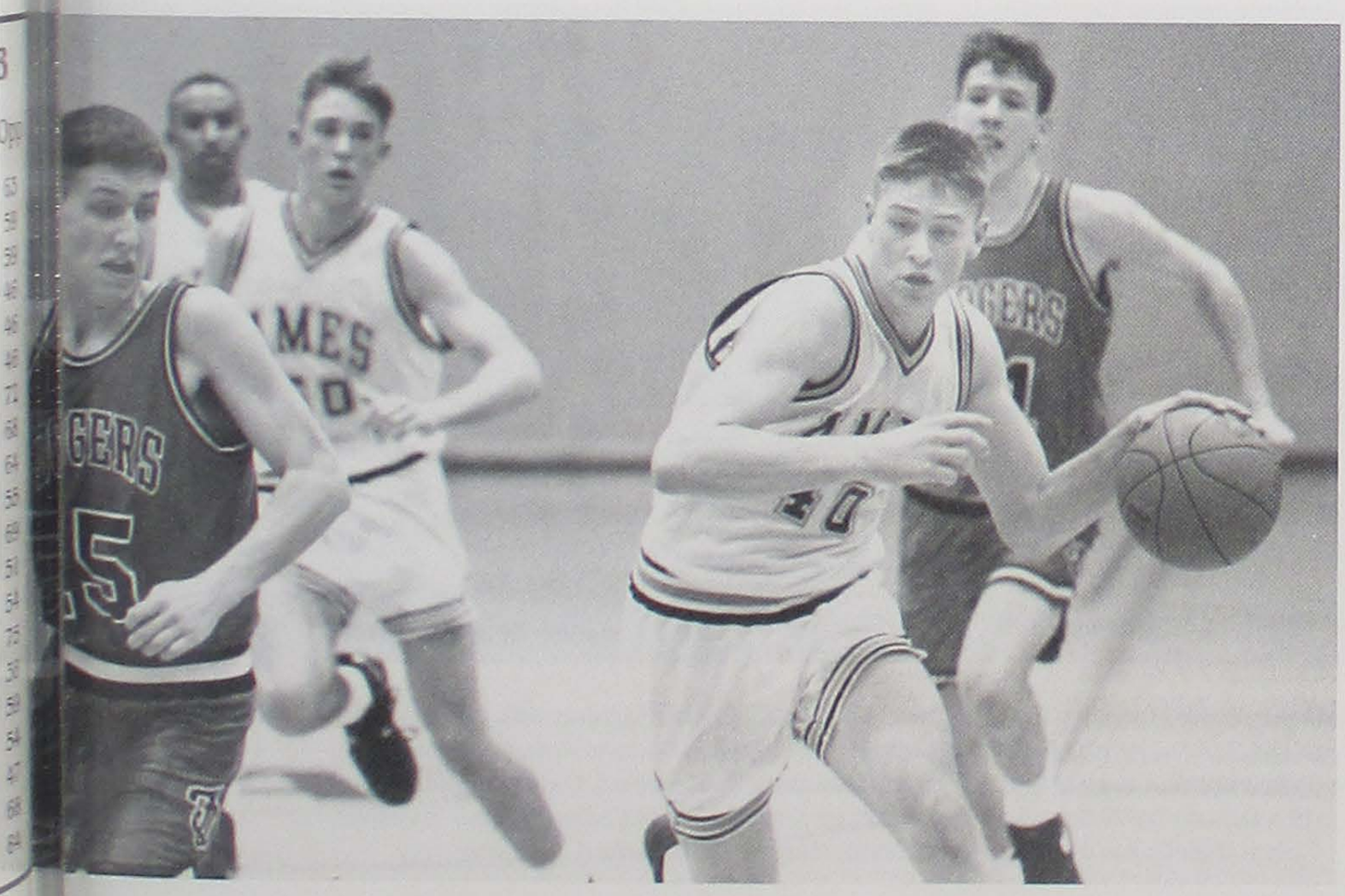
Front- Managers B. Foly, M. Buck, A. Mundt. Row 2- B. Caldwell, D. Sousnoski, J. Hanson, J. Bents, N. Kravinski, C. Curtis. Row 3- J. Ely, P. Shupp, Coach walz Head Coach W. Clinton, Coach Downs, B. Dunlay, P. Inglett. Row 4- C. Bartine, B. Fennema, D. Cook, D. Avey, G. Clarke, J. Rudolphi.

Scoreboard

Varsity Boys BB

Ames	Opponent	Opp
38	@ WDM Dowling	63
61	SE Polk	59
37	@ Urbandale	59
64	@ Fort Dodge	46
56	@ DM Lincoln	46
54	Newton	46
42	@ WDM Vally	72
70	Ankeny	68
55	Urbadale	64
40	Marshalltown	55
60	Mason City	69
57	@ Newton	51
45	@ Urbandale	54
56	@ Ankeny	75
49	DM East	38
43	Fort Dodge	59
51	@ Marshalltown	54
39	WDM Vally	47
66	@ Mason City	68
65	@Ankeny-Sub-State	84





Senior Dustin Avey reaching over the back of his Marshalltown opponent in order to capture the offensive rebound. (Reprinted with permission from the *Daily Tribune*/ M. King)

Senior Brian Fennema steers clear of the Fort Dodge defensive line. (Reprinted with permission from the *Daily Tribune*/ J. Adkisson)

Sophomores Jamie Burrows, Scott Stevemer, Joe Simons, and D.J. Brown look on intently as a Valley player looks on. Players have to learn to be focused on the game not the crowd.(Photo by Ariane Steffan.)

Freshman Mark Ellingson reaches high to block a shot against an opponnent.









Front Row: Matt McCarley, Adam Wagner, Curt VanMarren, Jon Olson, Chad Norlin, Lucas Deardorff, Benton VeVerka, Joe Mowers Second Row: Mark Ellingson, Sean Manatt, Laura Triplett, Crystal Clarke, Kelly Menkord, David Terpstra, Thomas Downs Back Row: Kris Achter, Mike Downs, Chris Carlson, Evan Sivesind, Coach Inglett, Zach Keller, Adam Todd, Mark Anderson, Karl Johnson



TRANSITION GAME

Maturity, composure, and, determination helped the sophomore and the freshmen team to a season of accomplishment.

By Vanessa Kuo

A year of change brought both the freshman and sophomore teams closer together. These changes required each team to play together, not as individuals.

Players had mixed feelings at the end of the season.. Some felt disappointed, while others felt a sense of accomplishment.

The first sophomore coach left mid-season, and the team had to become accustom to a new coach.

"The change of coaches was kind of hard. We had to learn Coach Duval's ways. One coach focused on the all-around game and the other focused on defense. They had different styles of coaching," sophomore D.J. Burgduff said.

While changing coaches during any part of a season is difficult, the players could have reacted with negative responses to the change, but instead the sophomore squad focused on the positives and triumphed with a winning record of 12-6.

"We really didn't have that many expectations though our goal was to have a record of 14-4. When Coach Walz left, we were 4-4. We thought we had no chance of making that record, but we won four games in a row right after Coach Duval came," sophomore D.J. Burgduff said.

> "I think this year was a lot of fun, especially of the way Coach Duval made us look towards the second half of the season"–sophomore Dustin Wetzel.

The freshman team also faced big changes. Although they did not have to switch coaches during mid-season, they did have to adjust to the ways of high school basketball.

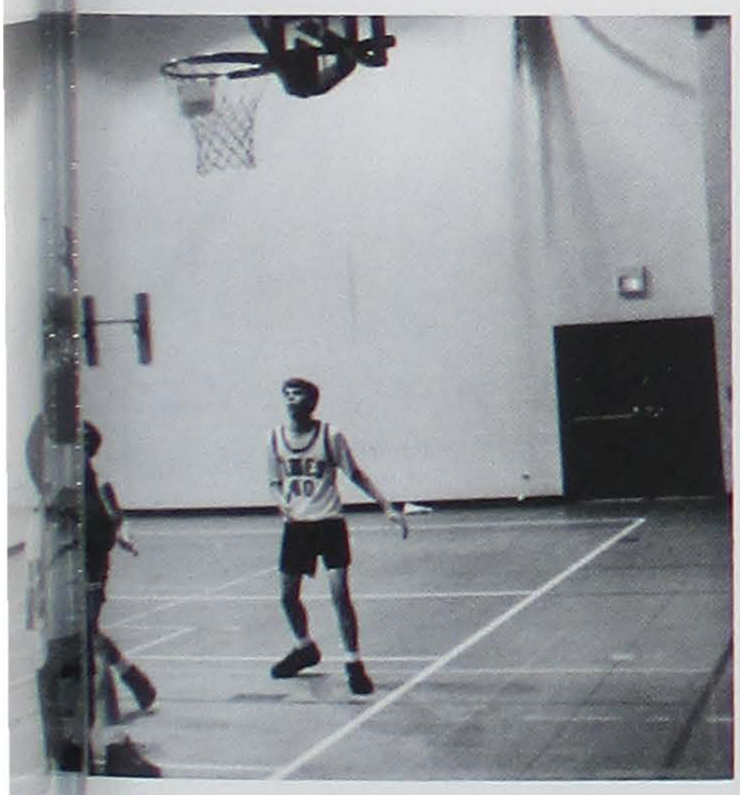
"High school basketball is a lot more work; it is more in-depth with plays. We also had to learn how to work more as a team, not just on our individual skills," freshman Mike Downs said.

Competition and expectations were not new concepts for the freshman team. In the past they dealt with them but not at such intensive levels. Freshman basketball put more pressures on them to win.

"We were disappointed that we couldn't win more games this season. We wanted to win for Coach Chico since this was his last year as coach," freshman Joe Mowers said.

Whether their records won or lost their games, what the team members took away from the basketball team and season was worth more than what the record show.

"I think this year was a lot of fun, especially the way Coach Duval made us look towards the second half of the season," said sophomore Dustin Wetzel, who spent most of his time on the bench.



esman David Terpstra reaches high above his ponents to rebound the ball.



Front Row: Zach Rhodes, Scott Severmer, Ben Brown, Joe Simons, David Joens, D.J. Burgduff, Matt White Back Row: D.J. Brown, Dustin Wetzel, Jon Crawford, Coach, Coach Walz, Coach Duval, James Burrows, Klint Belz, Matt Shimkus.

MAKING PROGRESS

Accomplishing goals, improving defense, and reducing turnovers enabled the team to win more games than last year

By Robyn Epstein

Dribble, dribble. Squeak, squeak. Shoot. Swish. These are the sounds that students were greeted by when they entered the gymnasium during a Varsity girl's basketball game. Tension mounted and the fans cheered on the players as they dodged the opponents and tried to score points against the visiting team.

One of the factors that helped the team win games was achieving the goals they had set at the beginning of the season.

"Our defense was a lot better near the end of the season," senior Sherry Schwartzenbach said. "I think our goals were more focused and our turnovers were reduced."

Despite the ups and downs of the regular season most players had a good feeling after their last game was over.

"We won more games than last year," junior Ashley Grundmann said, "and that is good. We struggled in the beginning, but towards the end we really started to click."

"We worked hard to win the six games we did win," sophomore Barb Bennett said. "When we did lose we were able to put it behind us and work even harder in practice."

> "Our defense was a lot better, our goals were more focused, and our turnovers were reduced." – senior Sherry Schwartzenbach

One of the things that helped unify the players was holding a basketball camp every Saturday for six weeks for elementary students.

When the players thought ahead to next season they all had similar goals that they wanted to work towards.

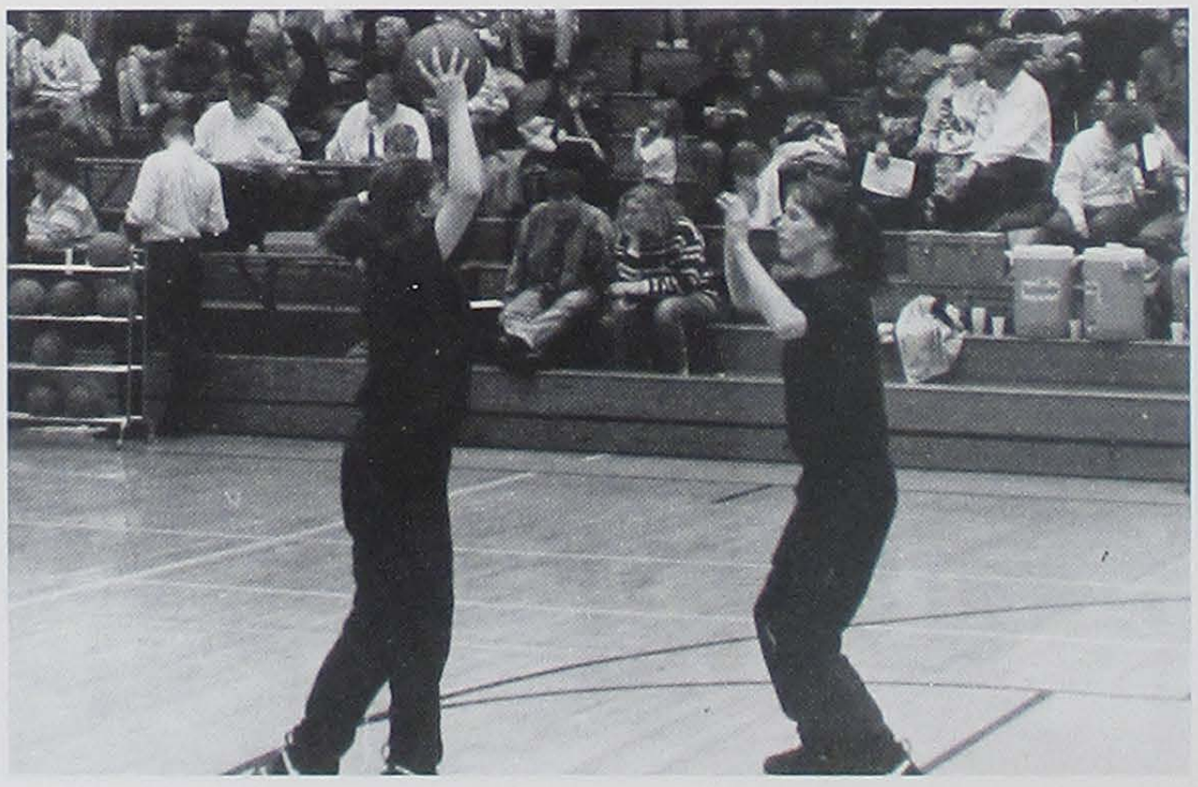
"I hope we win half of our games," junior Jill Muller said, "and do well in post season play."

In post season play this year they beat Boone, who they hadn't played for years, and went on to play against Ankeny, where they put in a lot of effort but couldn't pull off a win.

As the season came to a close, the attitudes had changed and the team worked as one to jump any hurdles that blocked their path to victory.

"I think the skills and talents of the returning players came together at the end," Grundmann said. "We have a young team and as the season went on we learned together."

"We are one, thinking team." Bennett said. "Not individuals."

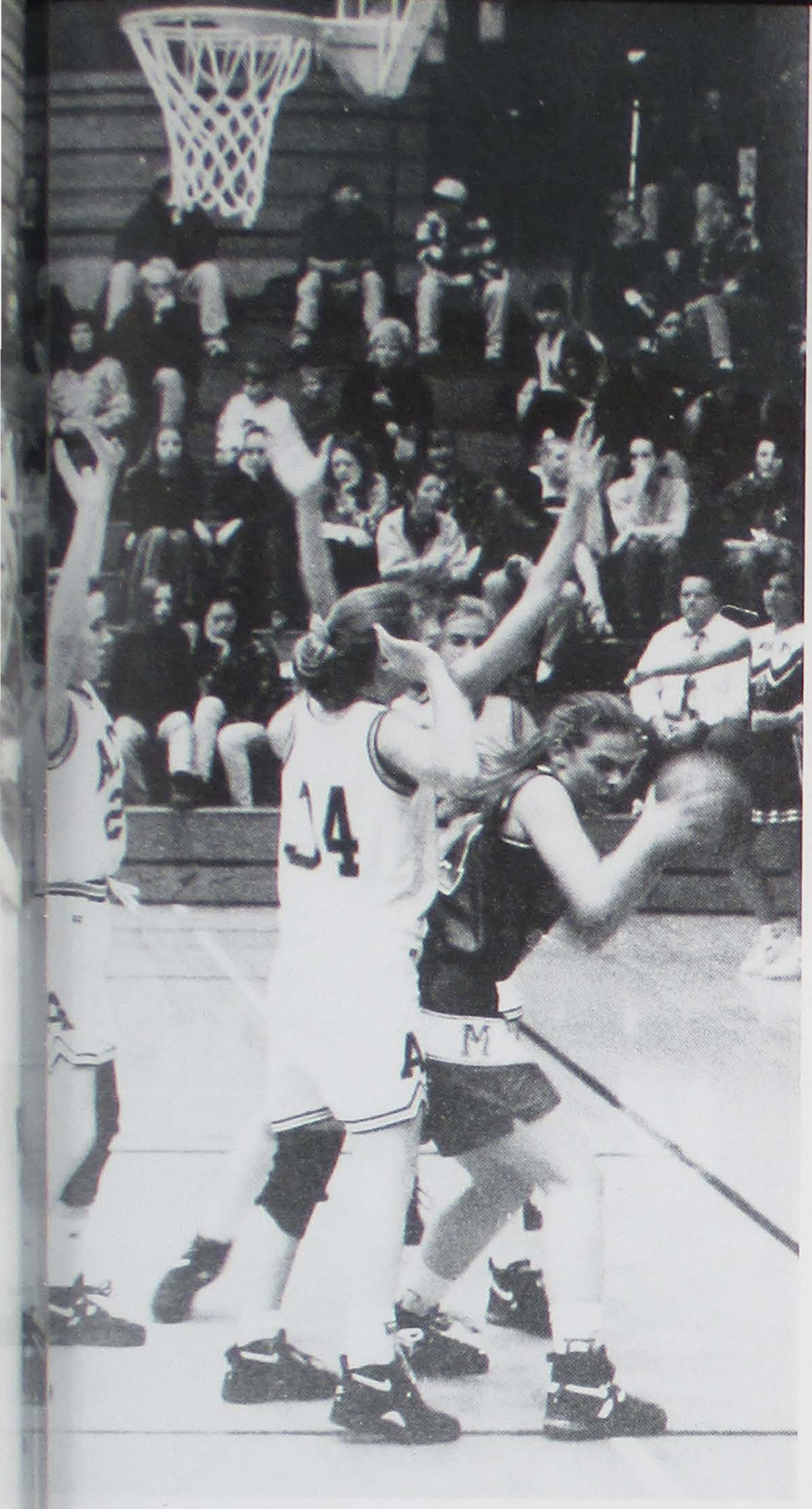


During a pre-game warm-up sophomore Julie Ollila blocks senior Petraya Juelfs. Warm-ups helped the team loosen up and get ready for the game. (Photo by Kristi McConnell)

SCOREBOARD

Varsity Girls' Basketball

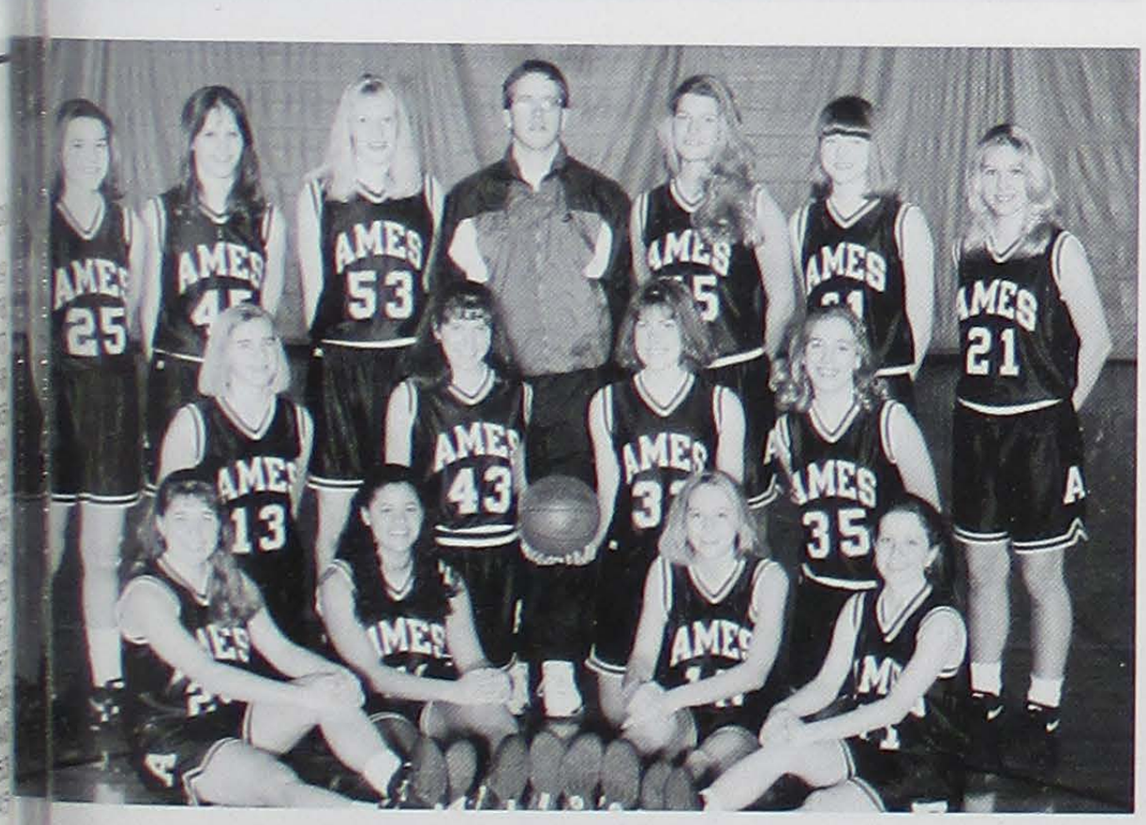
Ames	Opponent	Opp
51	CR Kennedy	59
64	Ottumwa	38
30	Dowling	67
45	Valley	58
54	Fort Dodge	65
50	Newton	60
72	RC-L	52
45	Pom-Palmer	56
27	Ankeny	46
44	Urbandale	32
48	Marshalltown	51
45	Valley	57
32	Mason City	56
51	Newton	40
44	Mason City	53
34	Urbandale	45
40	Ankeny	55
39	East	32
45	Fort Dodge	60
40	Marshalltown	46
58	Boone (Dist.)	48
48	Ankeny (Reg.)	70



Making sure to not foul her opponent, senior Jenny Johnson tries to block a potential shot. The Little Cyclones were playing against the Marshalltown Bobcats. (Photo by Kristi McConnell)

Sophomore Barb Bennett jumps up to try and make a basket while an opposing play tries to block the shot. Bennett was one of the returning players on next year's team. (Photo by Kristi McConnell)





Varsity Girls' Basketball. Front Row: Jackie Olberding, Meghann Hunt, [illegible]ller, Stephanie Wycoff **2nd Row:** Erin Johnson, Sherry Schwartzenbach, [illegible]a Juelfs, Jenny Johnson **3rd Row:** Allison Jones, Julie Ollila, Barb [illegible]tt, Head Coach Bruce Vertenan, Ashley Grundmann, Amy Olson, April [illegible]win



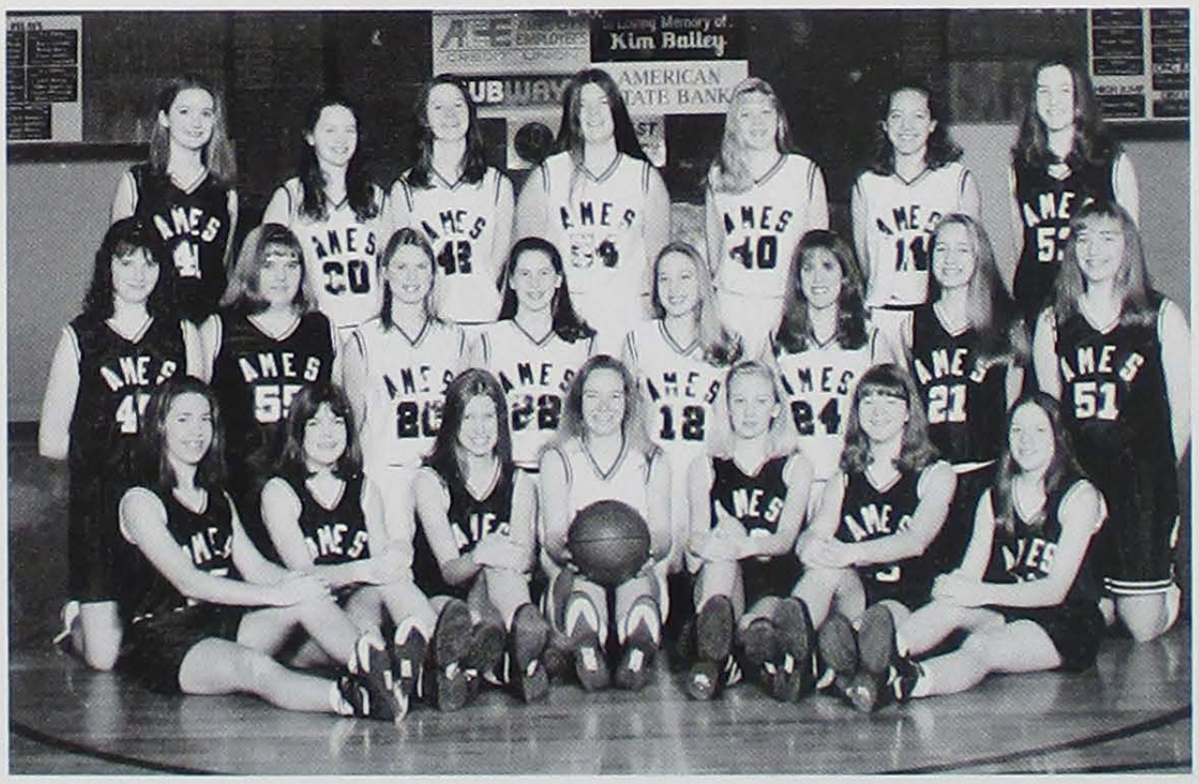
Sophomore Meghann Hunt chases after a loose ball with a visiting player while sophomore Barb Bennett looks on. Loose balls gave either team a chance to make a basket. (Photo by Kristi McConnell)

Members of the sophmore basketball team run to get the ball in a game against Ankeny. (Photo by Kristi McConnell)

Coach Mark Jurgensen gets together with the freshmen girls during a break in the game. (Photo courtesy of Rachel Best)







First row: D. Tesdall, A. Steele, J. Larson, C. Kearny, A. Kelso, R. Boyd, T. Goodall, **Second row**: M. Kauzlarich, R. Lasley, C. Arthur, K. Milliman, S. Wilson, A. Hickman, R. Best, A. Erickson, **Third row**: E. Stolmeier, K. Finn, E. Carter, B. Ennen, S. Helmar, T. Dau, C. Rippey.

SCOREBOARD

Freshmen Basketball

Ames	Opponent	Opp
26	WDM Valley	51
51	Ft. Dodge	66
26	Johnston	58
38	DM North	27
38	Newton	36
22	Ankeny	61
19	Urbandale	60
41	Marshalltown	49
31	WDM Valley	41
38	Mason City	50
19	Newton	30
39	Mason City	52
20	Urbandale	76
20	Ankeny	38
39	Marshalltown	29

DO YOUR BEST

Although the winnings weren't big, the girls' 9 & 10 basketball teams worked hard to improve and do their best at each game.

By Collette Best



The Freshmen Girls' Basketball team wasn't known for their wins, but they were known for their dedication to improve.

"Even though we didn't win a whole lot of games, I'm sure we all learned a lot from the season," freshman Rachel Best said. "It was more of a team goal to go out and play our best than to win. Our coach said that it was more important to concentrate on increasing our ability to play better than it was to just win."

Each practice made each player better as the season went on.

"We played hard, learned a lot, and had a lot of fun," freshman Erin Carter said. "The best part of the season was the last few games. We played really hard and showed a lot of improvements. We worked well together as a team."

Although the team didn't have a lot of experience at first, their coach felt that they had plenty of time to learn and have fun.

"Throughout the season, these young people worked very hard to improve their skills and to enjoy the camaraderie which comes from a group effort," Freshman Coach Mark Jurgensen said. "Some highlights of the season include an exciting one point victory by the "B" squad over WDM Valley and an end of the season victory over Marshalltown by the "A" squad."

"Winning isn't everything. It's how you work together as a team and improve."- sophomore Allison Brennan

The sophomore's team was quite a lot like the ninth grade teams. There weren't a lot of wins, but the season was still rewarding.

"Everyone on the team gave a full effort every game and didn't get discouraged," sophomore Nicole Thompson said. "Team unity helped our team stay together because if a few teammates got down, there was always someone there to encourage them and keep their spirits up."

The team kept an optimistic attitude, which helped them to try harder at each practice and game.

"Winning isn't everything. It's how you work together as a team and improve," sophomore Allison Brennan said. "We started to improve and play as a team once we found confidence in ourselves."

Along with the team's confidence, the coach remained committed.

"I'm extremely proud of this team, many people would have quit or given up after the first few games, but not these girls," Sophomore Coach Dan Versteeg said. "They continued to work hard, proving to everyone else and themselves that 'Winners never quit and quitters never win.'"

Sophomore Basketball

Ames	Opponent	Opp
Scores not available		



First row: Karen Olson, Amy VanSlyke, Carrie Shupp, Kara Zeimet, Jenny Carter, **Second row**: Nicole Thompson, Jessica Martin, Allison Brennan, Natalie Carver, **Third row**: Kelly Dunlay, Adina Rollins, Coach Dan Versteeg, Erin Bryant, Kate Christianson.

LIKE A FAMILY

Like brothers, the boys' swim team bonded together to make the season successful

By Collette Best

It's been said that team members form special bonds with each other. The boys' swim team worked hard towards what they achieved, building strong brotherly friendships along the way.

To many newcomers swimming was a way to work out and meet new people.

"Swimming was a great experience for me. It not only helped me to swim well, but I also learned self discipline and made a lot of new friends," freshman Bjork Hill said. "Everyone was so nice and encouraging that it was like having a second family."

Whether it was to swim their hearts out or just cheer, the team members supported each other both at practice and at the meets. No one was forgotten.

"The team was very versatile this year. Everyone contributed to every meet," sophomore Bryan McGeeney said.

No matter the circumstances, the team wanted to prove its talent to all, not just swimming fans.

"We worked hard for our school and weren't always recognized, but still put 110% into every practice and meet. I know that is why we did so well at the state meet," junior Nathan Terry said. "We were hungry to bring a trophy back to Ames High and prove to the student body how dedicated we are."

"He (Coach Wittmer) made a sign that said 'Practice Like A State Champion.' That's what a lot of guys set their goals at." -senior Joe Fisher

They did. They came home with two trophies. One of them was for being the state runner-up. The team was guided by Coach Mike Wittmer who was named Conference co-coach of the year.

"The coaches did a really great job with us," senior Joe Fisher said. "Coach (Wittmer) knew what we were capable of and so he set practice up so it would really challenge us. He made a sign that said 'Practice Like A State Champion.' That's what a lot of guys set their goals at."

The team was very successful. Goals were met, records were broken, and dreams were reached.

"This was a really tremendous year. We had some rather remarkable young men accomplish some truly remarkable things: 31 straight dual meets, 4 consecutive conference titles, a state runner-up finish, and 5 school and 1 pool records (were broken). It was quite a year," Coach Mike Wittmer said.



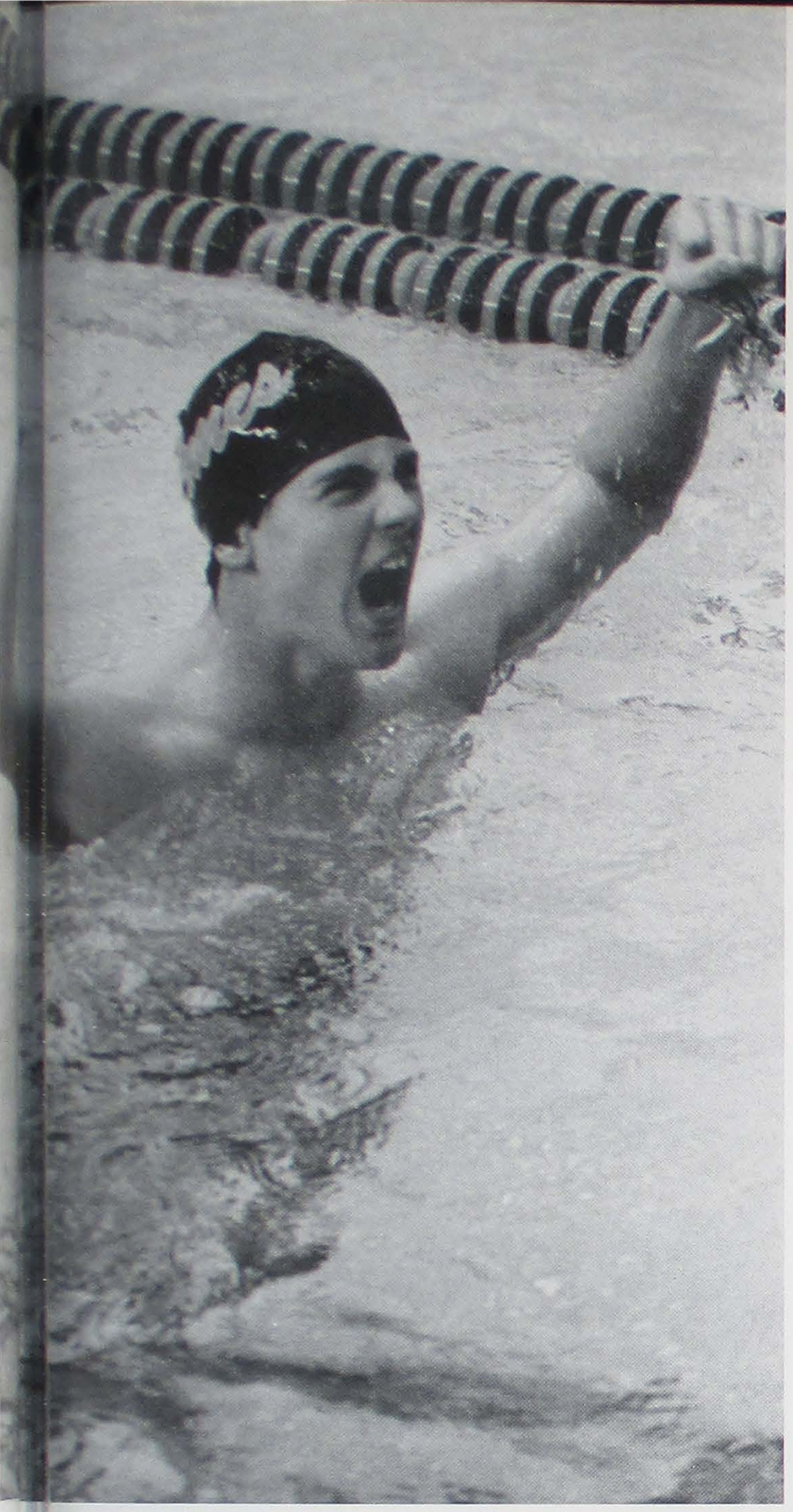
Looking over results of a meet, senior managers Trisha Nelsen, Tara Meirkord, and assisant coach Scott Paulson served as a big help to the team. (Photo by Collette Best)

SCOREBOARD

Boys' Swimming

7 wins, 0 losses

Ames	Opponent	Opp
111.5	Urbandale	57.5
2nd	Ames Invite	
110	Valley	60
1st	Bobcat Relays	
98	Ankeny	72
98	Mason City	72
115	Marshalltown	53
1st	Ft. Dodge Invite	
112	Newton	58
112	Ft. Dodge	58
1st	Conference	
1st	Districts	
2nd	State	



Sophmore Cody Dakan after winning the 100 backstroke at the conference meet. (Photo provided by the Ames Daily Tribune reprinted with permission)

Coach Wittmer shaving junior Nathan Terry's hair off. Many of the swimmers shaved their heads before the state meet. (Photo by Collette Best)





ow: B. Heller, T. Schweikert, N. Terry, Joe Fisher, B. Johnson, C. Dakan. **ecol row**: B. Sines, B. Gilchrist, C. Keller, T. Shirk, B. Hill, J. Russell, S. Stanton, E. nby, A. Vardeman. **Third row**: D. Giloon, T. Cardwell, J. Wray, M. Vardeman, S. deon, T. Benbow, A. Summers, D. Geiger, A. Hertz, A. Hartman, E. Strasser, J. vin T. Jensen, J. Ryan. **Fourth row**: Coach M. Wittmer, Mngers. A. Warner, L. lly. Best, T. Nelsen, T. Meirkord. **Fifth row**: B. McGeeney, R. Haynes, Jeff Fisher, ng, J. Burns.

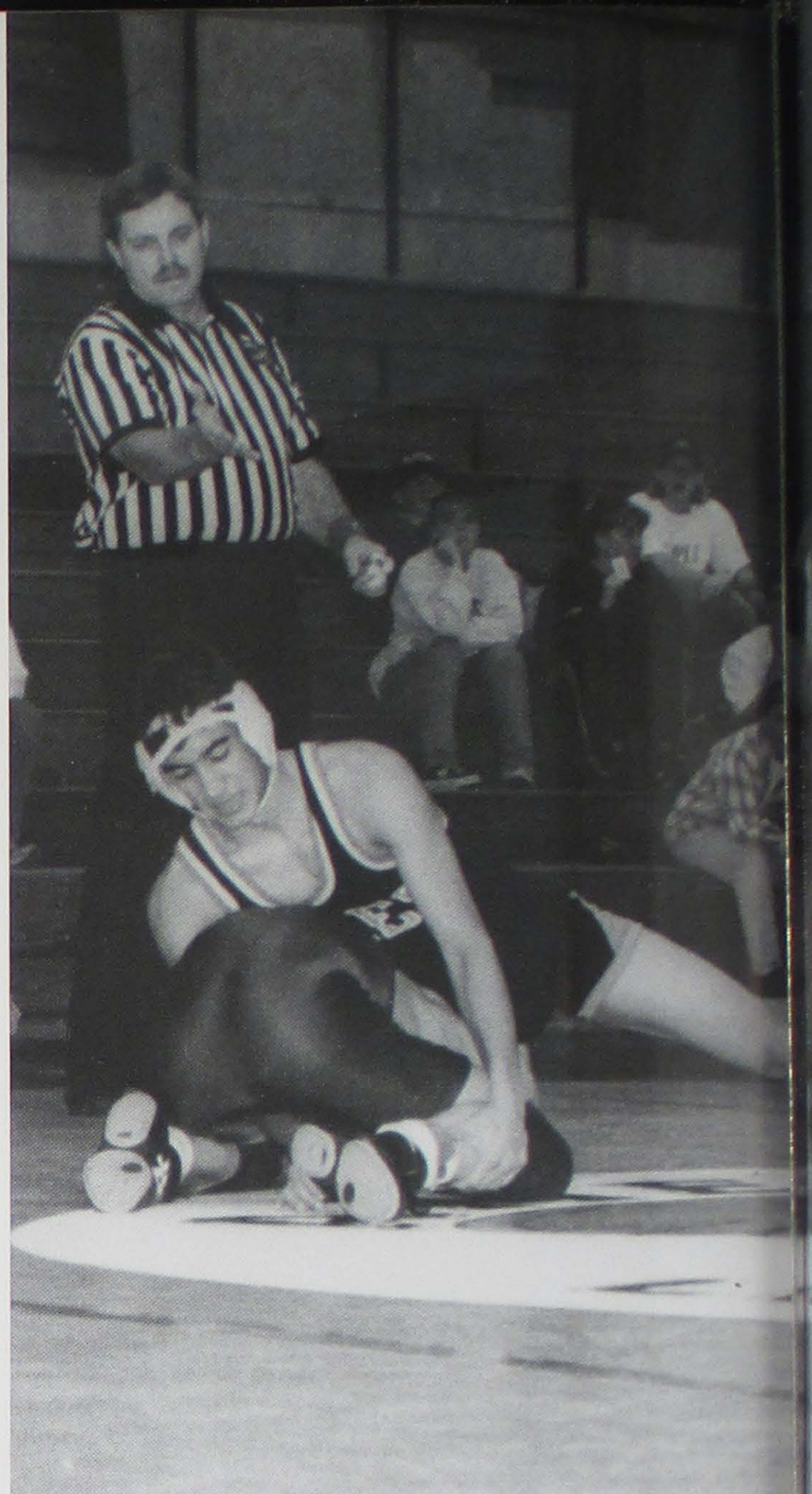


At the state meet sophmores Dan Gilloon, Cody Dakan, seniors Tomas Jensen, and Jason V. Ryan prepare for the medley relay. (Photo provided by Joe Fisher)

Junior Sevond Cole fends off a take-down attempt by an Ankeny opponent. Cole was one of many wrestlers who fared well throughout the season, yet faced challenges during state tournament time. (Photo by Pam Hove)

Sophomore Brian Good catches his opponent in a precarious position during a varsity meet. Good was one of a few talented underclassmen who contributed to the varsity team. (Photo by Pam Hove)







Junior Tanner Hensley gets a quick start off the whistle in an attempt to pin his man. The Little Cyclones worked on improving their aggressiveness and endurance on the mat with the new coach's style of wrestling. (Photo by Pam Hove)



First row: D. Kinley, M. Nutter, E. Hallam, B. Good, T. Hensley, J. Martin, S. Cole. **Se row**: L. Christians, J. Roeske, D. Kepley, C. Gardner, M. Hatfield, G. Hathaway, B. Goul Lambi. **Third row**: J. Clarke, B. Lay, Coach Mark Morken, Head Coach Rick Caldwe Kiojai, J. Greenlee, A. Biskner, G.Martin, T. Vander Zyl, Coach Matt Gegenheimer, Coach Jones,D. Kepley, Trainer Shannon Peel.



BREAKING IT DOWN

The wrestling squad grappled to rebuild a winning tradition

By Shannon Kenealy

Learning wrestling technique is a matter of breaking everything down and mastering the basics. It is from here you that one builds the foundation for a winning team. Success being no stranger to the wrestling program, the team worked hard to rebuild a strong base and recapture the winning tradition.

The year was one of dramatic changes—from a new coach to a new style of wrestling. It required determination for many of the wrestlers to adjust to new habits and strategy.

"The season was a big change for us, but I think it worked out for the better," sophomore Mark Nutter said. "We did a lot more conditioning and technique drills in practice, which helped us with our strength and endurance towards the end of matches."

The lack of experienced varsity wrestlers provided an opportunity for many inexperienced wrestlers to step up to a challenge.

"It was a big step for me coming in as a freshman wrestling varsity," freshman Chris Gardner said. "I was nervous, but I always tried to keep a positive attitude and help the team out."

"I was nervous (wrestling varsity as a freshman), but I always tried to keep a positive attitude and to help the team out." - freshman Chris Gardner

The returning wrestlers on the squad felt that the learning experiences gained during the year would benefit everyone in the future.

"It was upsetting not qualifying for state," senior Kory Phompheng said. "We had a lot of talent on the team, but I think everyone learned that talent doesn't win matches without hard work and patience."

Many of the wrestlers found a pay-off for all their hard work in being close as a team.

"The highlight of my season was shaving the freshman's heads at Owatonna," junior Sevond Cole said. "No one had ever done it before, but I think it made the freshman feel like part the team. Plus, it gave the rest of the team something to laugh about when we needed it."

The wrestlers were sure to see positive results of their efforts to break down the program and build it back up. With the foundation firmly planted, the Little Cyclones set out to once again recapture the winning tradition.

Varsity Wrestling

Ames	Competition	Opponent
30	Norwalk	39
19	Valley	40
2nd	Ames 9/10 Invite	
7th	Valley Invite	
18	Boone	46
13	Ankeny	55
7th	Ft.Dodge Invite	
32	Austin	28
10	Mason City	48
33	Roosevelt	25
6	Dowling	57
18	Marshalltown	47
40	Newton	19
25	Ft. Dodge	39
7th	Ames Invite	
15	Urbandale	51
5th	Conference	
8th	Districts	



Senior Kory Phompheng follows Coach Caldwell's orders of "head up, hips down" during the last home meet of the season. Phompheng and the Little Cyclones enjoyed the seemingly rare opportunity to wrestle in front of a home crowd. (Photo by Pam Hove)

For The Love

A season of building --both in team unity and friendship, left the Ames Hockey Club proud of its accomplishments

By Daniel Gardner

Speed, strength, and intensity— characteristics that can put any hockey team above the rest of its opponents. With a primarily young team, these principles were the building blocks that led the Ames Hockey Club to a 9-12-1 record, and an eye-opening fourth place finish at the State Tournament. On and off the ice, these players built a team unity and intensity that was noticeable to spectators, coaches, and opponents.

Going into the State Tournament seeded fifth and playing exceptionally to come out fourth in the state was a definite highlight of the season, but, unbelievably, there was an even better moment than that.

"In our fourth game of the season, we were losing by 6 goals to the Omaha Gladiators late in the second period," junior Kyle Frizell said. "We ended up scoring 6 goals to tie the game, then we won by one, 8-7, in overtime."

The times off the ice can be just as memorable as those on, and many of the older and younger players came to realize this during the course of the season.

"Going back to the hotels after the games was one of the most fun parts of the season," sophomore Tyler Frasier said. "Getting to just hang out with the guys and play cards or whatever else, was not only good for team unity, it also created a lot of great friendships."

> "Just being out there on the ice, doing what I love to do, and having out with all the guys was the best part."
> –senior Ryan Kinart

Staying in the hotels proved to be one of the most enjoyable as well as one of the most unusual aspects of the season. The hotels were the sights of some of the teams more interesting experiences.

"When we stayed in the hotels, once in a while the guys would shave each other's heads," senior Jim Klaus said. "There were some really crazy and unusual designs. Our opponents probably didn't know what to think sometimes."

Overall, the season was rewarding in every aspect—the younger players got more experience, the older players excelled at their positions, and the team became strongly unified.

"Being selected for the all-star team wasn't the biggest highlight of the season for me," senior Ryan Kinart said. "Just being out there on the ice, doing what I love to do, and hanging out with all the guys was the best part. We became a big family, and by the end of the season it really showed."



Ames Hockey Club. First row: R. Kinart, J. Lawler. **Second row:** A. Small, R. Arneson, A. Murdock, K. Frizell, J. Kobernoose, C. Sprong. **Third row:** S. Eldredge, M. Wise, D. Morrison, T. Fraser, J. Eckard, A. Hagen, S. Anderson, R. Handly. **Fourth row:** E. Bailey, J. Klaus, B. Payne, R. Schwendinger, N. Jackman, M. Huebsh, A. Hogber. (Photo by Pete Tekippe Photography)

SCOREBOARD

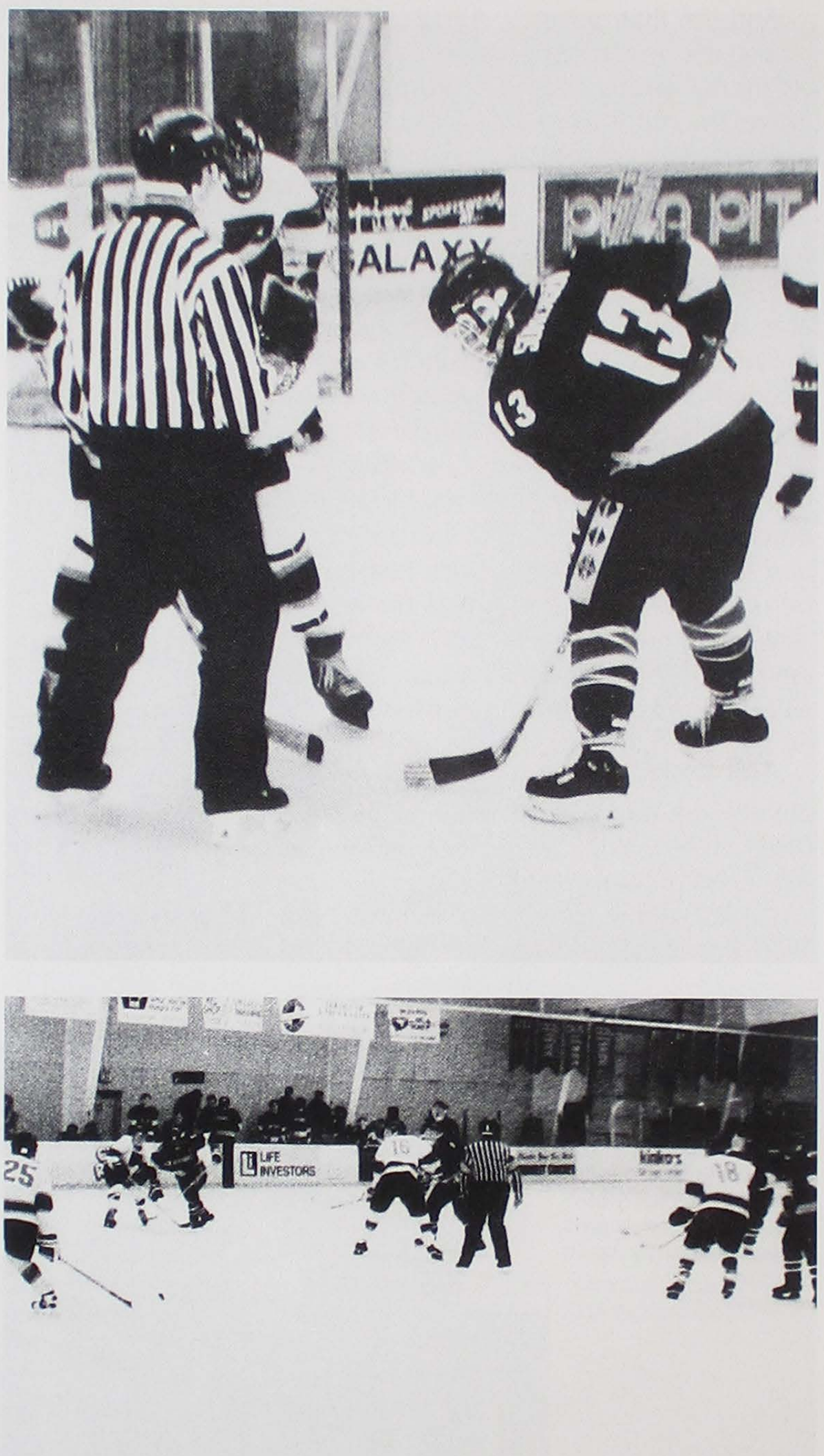
Varsity Hockey

Ames	Opponent	Opp
9	Waterloo	3
10	Dubuque	5
0	Jr. Lancers	6
8	Gladiators	7
4	Waterloo	3
4	St. Joseph	8
1	Jr. Lancers	8
5	Mason City	6
2	Mason City	4
7	Dubuque	4
5	Sioux City	6
2	Mason City	6
4	Des Moines	5
5	Dubuque	4
2	Dubuque	4
6	St. Joseph	1
0	Waterloo	0
1	Des Moines	4
4	Gladiators	6
5	State (Sioux City)	5
3	State (Waterloo)	3
3	State (Mason City)	5



"It's no good!" exclaims the ref, as Ames High goalie makes another tremendous save. One of the most vital parts of the hockey team was having a goalie that could really come through in the tight situations. (Photo by Kathy Loveland)

Eye-to-eye and ready to go for the puck, an Ames High Varsity hockey player does battle on the ice. The hockey season was filled with many intense moments such as this one. (Photo by Kathy Loveland)



...tte ive and ready to move up the ice, Little Cy-...lors Dustin Morrison (18) and Chris Sprong (5) ...wai or the puck to be passed out of the face-off. ...Pho by Kathy Loveland)

Looking up the ice for someone to pass the puck to, (25), sees team mates Jimmy Klaus (16) and Dustin Morrison (18) as the Little Cyclones move in for a possible score. (Photo by Kathy Loveland.)

JUST FOR FUN

The gym was jam packed on Wednesday nights, but with I-ballers instead of fans

By Melissa Harris



And the final score. . .42-12. Unfortunately, this was a typical score heard over the intercom on Thursday mornings during the intramural basketball season. The intramural volleyball scores didn't have quite that much of a difference, but that's because it's impossible to score more than 17 points in a volleyball game.

There were no star players. Everyone had their chance to be in the spotlight. It didn't matter who won or lost, because it was just for fun. It was a time to socialize while getting in some exercise.

"I-ball is a good workout. It's fun playing teams who aren't out for blood and don't really care if they win or lose," senior Chandra Brace said. "It's just fun to be on a team with my friends for once."

While most played for fun, some others played for different reasons. Whether as a workout or a break from friendly play, all had fun playing.

"The rules are non-restrictive and you always go home with bruises," senior Chad Stairs said. "It's a blast as long as you know how to play."

Varsity sports took a lot of time from students already busy schedules. Varsity players had to be at school everyday after school until around dinner time and sometimes even before school or on Saturdays. I-ball participants felt they couldn't spare that much time, yet still wanted to play.

> "It gave me the opportunity to participate in sports without having to give up all of my time during the seasons." – senior Mandy Padilla

"It gave me the opportunity to participate in sports without having to give up all my time during the seasons," senior Mandy Padilla said.

I-ball was an exciting break from studying and boring everyday life. Anyone and everyone was welcome and played their share. It was an easy way to get involved even for those not so talented athletes.

"I'm just lucky I made the I-ball team," senior Chandra Brace. "I'm not that good at basketball, but I like to play."

All made sure that their expectations were met each week by having a blast and keeping things exciting. Teams stuck together and tried their best to get along at least out on the court, if not outside of the activity. First time players or long time veterans of I-ball, all felt welcome in the gym on Wednesday nights.



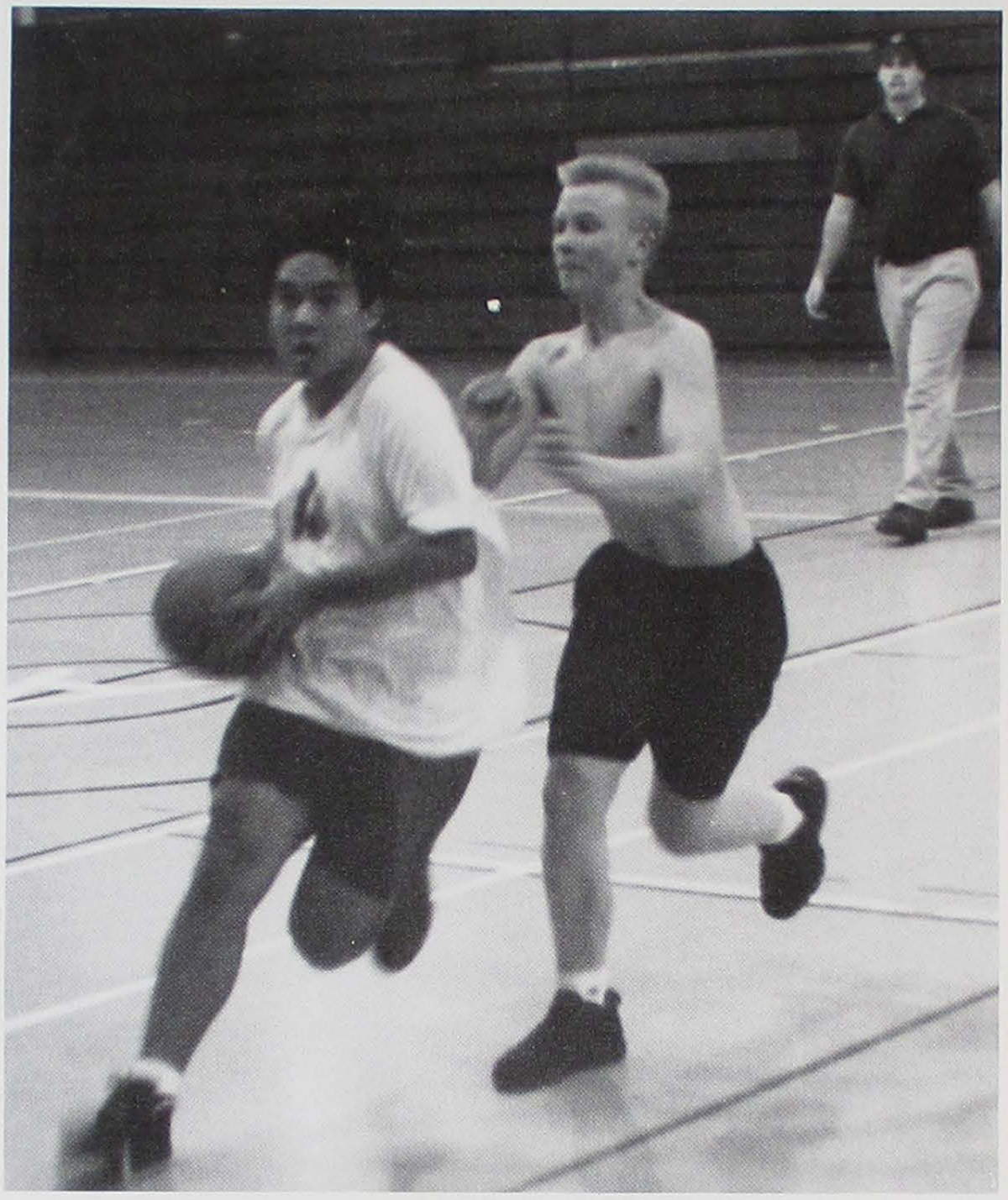
During one of the final weeks of regular play, the "skins" try to get the ball away from the "shirts". It was helpful for the mens teams to play shirts and skins so they could distinguish between teams easier. (Photo by Jason Rearick)

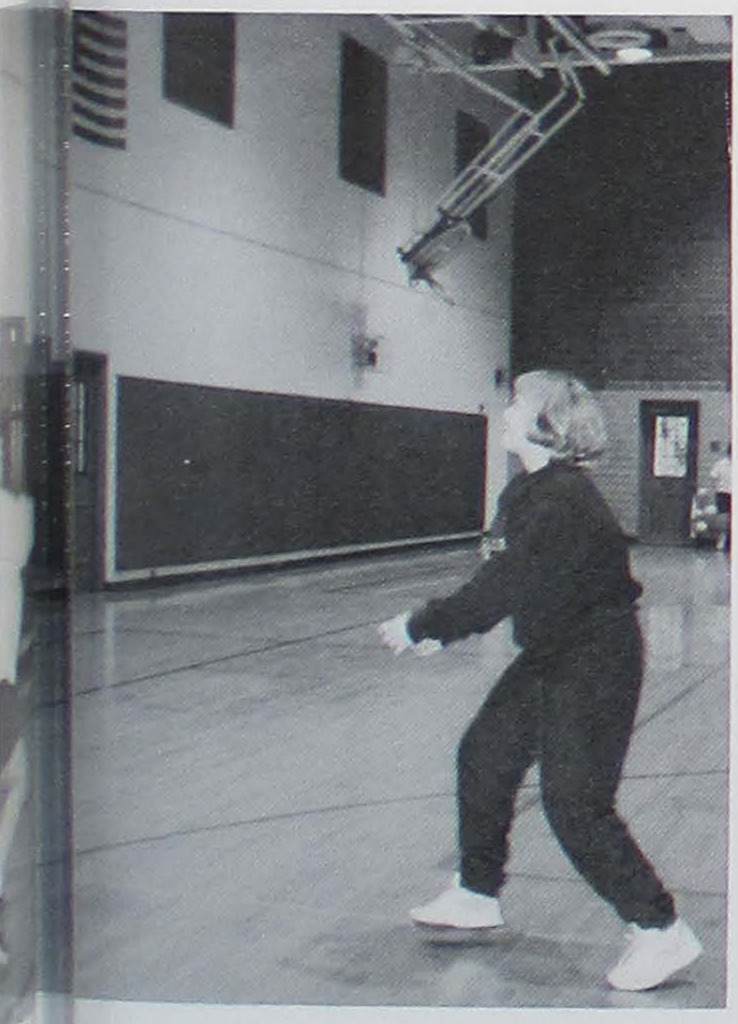




Senior Charli Engelhorn tries to get past opposing player senior Buffy Quintero. Both teams had a winning season and made it to the quarterfinals of the tournament play. (Photo by Alicia Ackerman)

Sophomore Adam Larson attempts to stop fellow sophomore David Jeong from getting the ball to the basket. The men's league was played shirts vs. skins so teams would not get confused as to which player to pass to. (Photo by Jason Rearick)







During the final tournament Junior Jenny Greenfield gets ready to take a shot to try to help take her team to a victory. Greenfield's team went on to win the game and became the women's I-Ball champs. (Photo by Alicia Ackerman)

Getting in some extra practice at city hall senior Jenny Smith is ready to return the ball to Melissa Harris (also a senior). They took I-ball one step further and entered a city league held on Monday evenings. (Photo courtesy of Jenny Smith)

Something Special

Ames High students participated in this year's special olympics-- and everybody came home a winner.

By Sam Grotewold

Thirty Ames High students participated in the Special Olympics this year, and each came home a winner. There are no losers in the Special Olympics, because the sheer joy of competition can be better than a gold medal.

Not that Ames High didn't have its share of those, either. At the state level of the Special Olympics, held at Iowa State University (and a few other various places depending on the sport), all of Ames High's athletes fared well enough to bring home a medal or a ribbon for their accomplishments. It was a great moment for them, standing up in front of the crowd and having a medal or ribbon put around their neck--their hardwork had finally paid off.

While nerves can sometimes get in the way before a performance, the athletes representing Ames High knew what had to be done--and were able to overcome whatever butterflies their stomachs may have held. Some even claimed they weren't nervous at all.

"When I started swimming my race," Susie Lustgraff said, "I wasn't nervous at all. I just tried to swim hard."

"When I started swimming my race, I wasn't nervous at all. I just tried to swim hard."-- Susie Lustgraff.

"I run track," senior Kyle Miller said. "I run track in the Special Olympics for my school. When I run, I just look at the finish and try to get there the fastest of anybody."

Special Olympics athletes weren't concerned with winning and losing, what was important was that everybody felt like they were a part of the group. Just the fact that they had tried was enough to make them cheer loud for others. They not only cheered for their friends and classmates, but for their opponents and complete strangers as well. Many lifelong friends were made at their competitions during the year, and many acquaintences were reminded of why they met in the first place.

Many of the competitors memories are of the volunteers. They remember them because of their kind words and encouragement. Whether adults, high school or middle school students, all volunteers were appreciated by the special olympians and their coaches.

When it comes down to it, the athletes realize that everybody is the same. And that made these olympics truly special.





Sarah Cummings tries to keep her balance while competing in the roller skating portion of the state Special Olympics competition at J-4 Rollaway. (Photo courtesy of Susan Harris.)



At a Special Olympics swim meet at the Ames High pool, Mark Range smiles at the crowd and prepares for his race. (Photo by Alicia Ackerman)

Nels Chapman rounds the corner in the State Special Olympics roller skating competition. (Photo courtesy of Susan Harris)





Team. Front: Eileen Sambos, Briget Scott, Stacey Hickock. **Middle:**Alex , Todd Palo, Wendy Thompson, Marnie Bigelow, Evelyn Ramirez, Coach ld, Susie Lustgraaf, Koki Nogawana. **Back:** Wes Payeur, Lloyd Smith, Dix, Mark Range, Nels Chapman, Derek Bjelland, Bill Yerkes

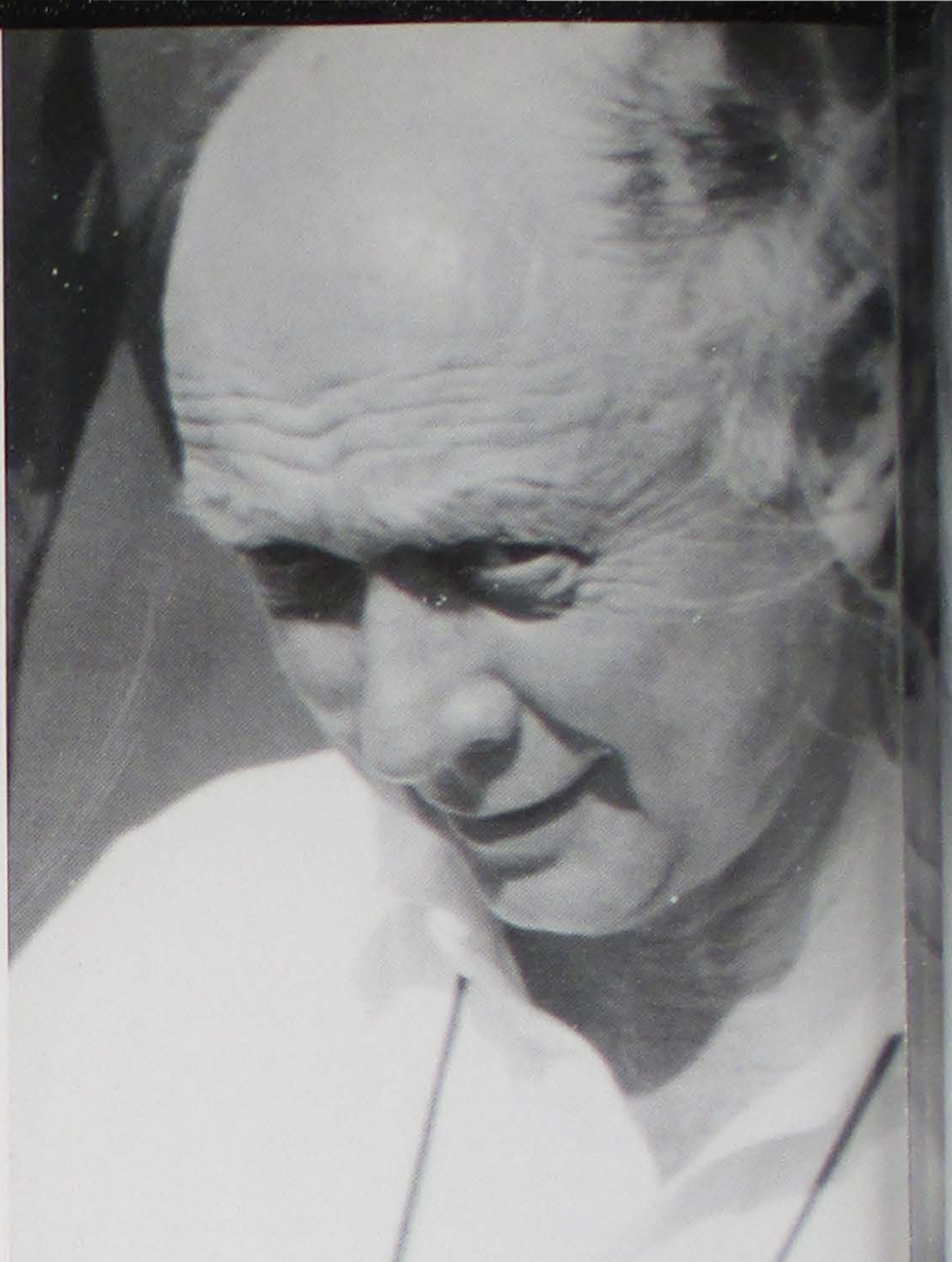


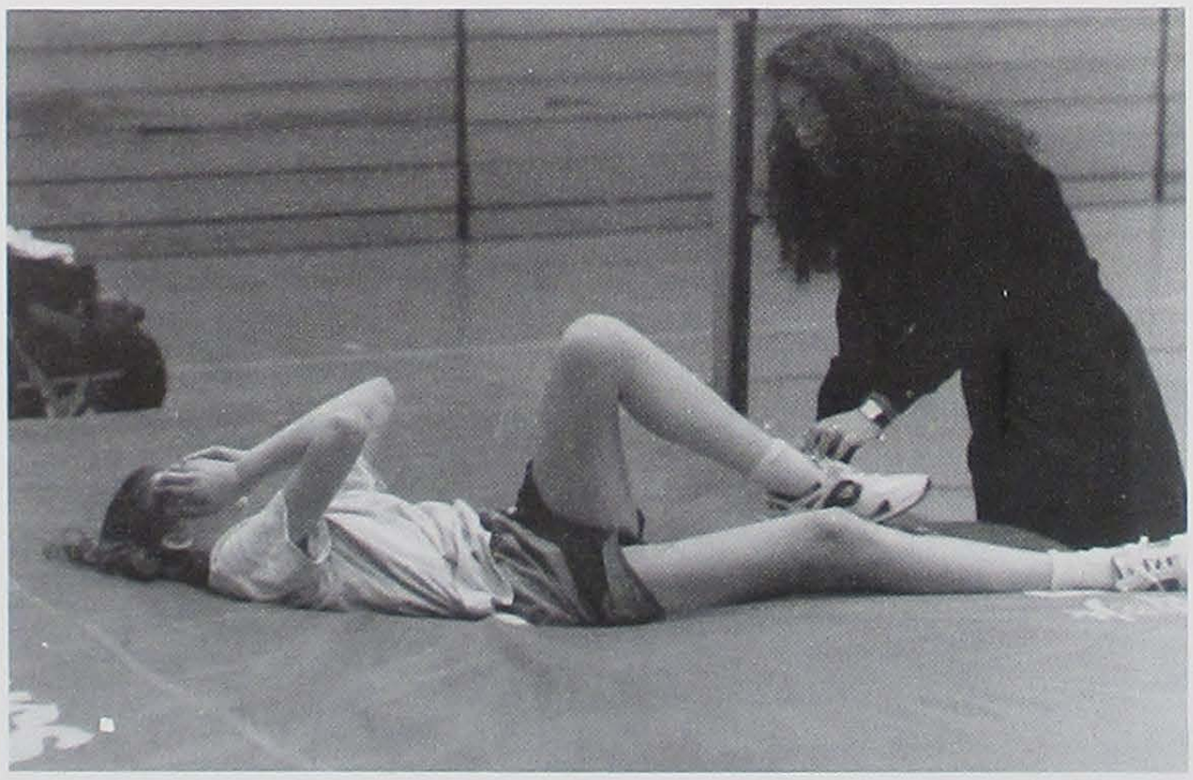
Track Team. Front row: Tina Jung. **Second row:** Jennifer Wulf, Mindy Bassett, Kimmy Smith, Megan O'Neil, Mandy Frye, Angie Smith, Nick Wilson. **Back row:** James Hougham, Cory Tesdahl, Coach Wauson, Maryann Lynch, Matt Smothers, Kyle Miller.

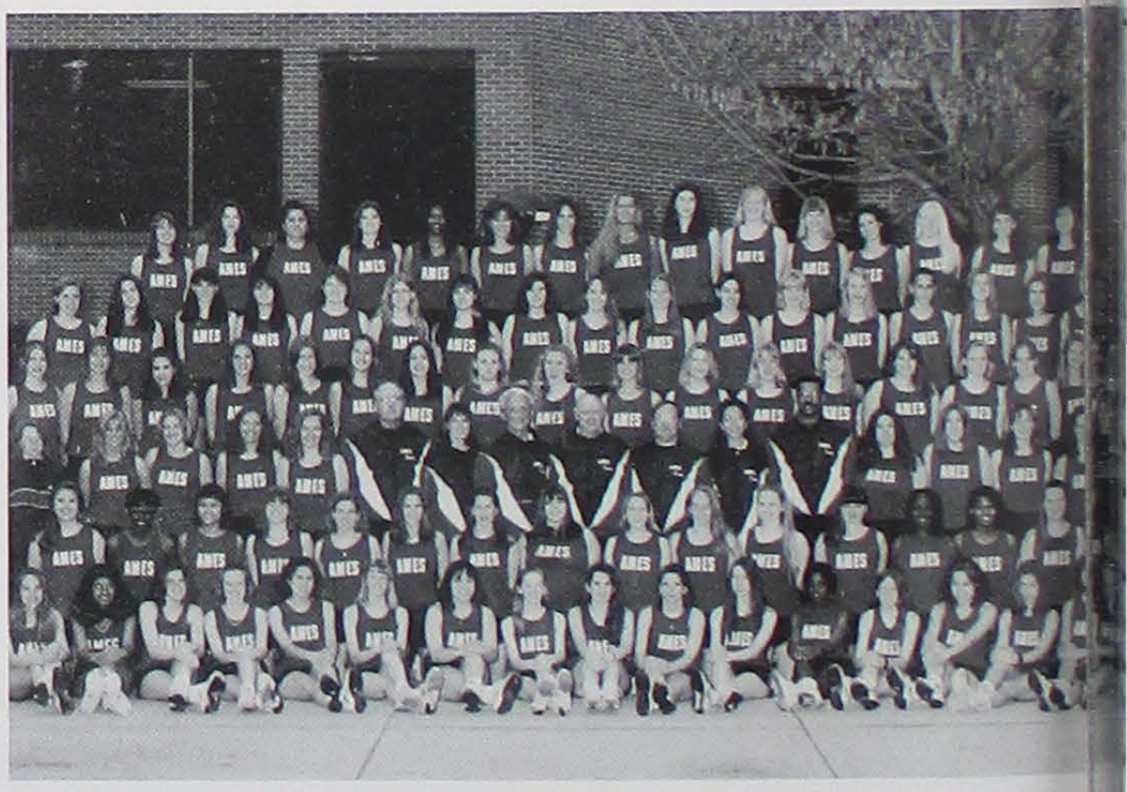
Looking slightly nervous, Head Coach Jim Duea waits patiently while several members of the track team cut his hair. By winning the state championship the girls' sealed the bet that if they won they could cut his hair. Assistant Coach Kirk Schmaltz' hair was also cut. (Photo courtesy of Julie Ollila)

After the conclusion of the state meet at Drake Stadium, the team circles the track in a victory run. The coaches were good sports and they joined in the fun. (Photo courtesy of Julie Ollila)









During a daily practice, Assistant Coach Jody Barnes helps relieve a runner's pain by loosening their shoe. Many runners dealt with injuries throughout the season and were unable to compete. (Photo by Jason Rearick)

Girls' Track. Front Row: S. Wilson, M. Gadia, A. Engelen, A. Adams, N. Meyers, E. Wehner, A. Rios-Rivera, D. White, M. O'Neil, A. Lanscros W. Magadza, T. Goodall, K. Loveland, D. Tesdall, S. Goldman, A. Van Slyke **2nd Row:** B. Magel, N. Fisher, C. Wagner, R. Boyd, A. Gilchrist K. Milleman, N. Paulson, E. McElroy, J. Stevenson, K. McDowell, A. Choat, T. Fadeyi, M. Emiola, C. Clyde, J. Hallihan **3rd Row:** M. Mc Greenfield, E. Johnson, T. Dau, C. Kearney, Ass. Coach Middleton, Ass. Coach Weltha, Ass. Coach Jorgenson, Head Coach Duea, Ass. Coac Ass. Coach Barnes, Ass. Coach Clinton, D. Fultz, E. Horst, J. Dickson, J. Keller, Trainer Kristi **4th Row:** K. Hallihan, L. Beerman, J. Thompson, J. Larson, R. Best, L. Pick, J. Larson, L. Bendig, A. Corley, D. Swyter, A. Johnson, E. Hausner, J. Osborne, J. Tosten, J. Sargen J. Wilson **5th Row:** L. Litchfield, A. Barnhart, C. Rice, S. Grimm, S. Block, E. Bovenmeyer, A. Hill, K. Dunlay, A. Witt, L. Sargent, S. K Osmundson, E. Wentworth, M. Roberts, S. Miller, K. Greving, K. Bittner **6th Row:** B. Foote, J. Warner, M. Jarboe, L. Rice, A. Collins, S. Schw J. Ollila, A. Grundmann, A. Slocum, B. Bennett, M. Hunziker, K. Hawbaker, L. Cronin, T. Triplett, M. Jacobsen

WINNING NUMBERS

Placing in eleven events helped the Ames High Girls' track team to a stunning victory

By Robyn Epstein

As the gun sounded she took off running. The wind whistled in her ears and the cheers from the fans in the outdoor stadium urged her on. The finish line loomed ahead and she moved in front of the other runners. As she broke the tape she flung her hands in the air in triumph.

Like this runner, the Ames High Girls' track team felt triumphant. The team was fortunate enough to get the news that they had won the state track championship before the last eight events occurred. While other teams were vying for second, the Little Cyclones were relaxing on the grass and eating popsicles. They took their win in stride. The girl's placed in eleven events and won one of these eleven. Julie Ollila placed first in the 400m hurdles.

"It felt really good when I won the race," Ollila said, "because I knew with all those points that I had we had won the whole meet. It also felt good because it was only the sixth time I have run that race."

On the first day of the state meet the Little Cyclones qualified for all final races which took place the following day. Near the end of the second day they had accumulated a winning 67 points which was the third highest total in state history.

> "People I thought didn't take track seriously totally took it seriously during the meet."
> –freshman Amber Engelen

Besides the happiness of placing first, track members really enjoyed the atmosphere at Drake Stadium.

"State was really great!" freshman Amber Engelen said. "All the people were fun to be around. People I thought didn't take track seriously totally took it seriously during the meet. It surprised me."

The girls' had a bet this year that if they won state they could shave head coach Jim Duea's and assistant Coach Kirk Schamaltz' hair. Right after the meet was over they took out their scissors.

"We were really a unified team this year," junior Alienor Gilchrist said. "We all just went out and had fun. Popsicles and shaving Duea's head were definitely worth it."

For senior members it was a special victory.

"It was great winning a state championship my freshman and senior year," senior Niki Fisher said. "It was great being a member of the best Ames High Track team ever."

The 1995 season formed special friendships and memories for the team that will last a lifetime.

Varsity Girls' Track

Ames	Opponent
1st	Warrior Invitational
1st	Indianola Invite
1st	Little Cyclone Inv.
1st	Dodger Invite
1st	Mohawk Invite
1st	Marshalltown
1st	Districts
1st	Conference
1st	State
1st	State Pentathlon



After winning the championship the girls' posed with the newest edition to their trophy case. Winning was the pay-off to working hard all season long. (Photo courtesy of Julie Ollila)

UNITED WE STAND

From mice named Ted to batons named Billy, the boys track team learned about friendship and teamwork.

By Misi Emiola

In every team there is a standout, someone who consistently contributes to the team's overall achievements. The boys track team also has a famous standout, his name is Billy. Billy's been with the track team for over seven years, but he's not a runner, he's a baton.

"At State we always run with the same baton," junior Dustin Avey said. "For the last seven years, we've always placed first or second when we run with Billy."

The old baton was just one of the mascots of the team.

"In the last week of the season, before the conference meet, the high jumpers dragged out the mat and we found a mouse and its nest in there," freshman Mark Anderson said. "We ended up naming it Ted Mouse."

Billy and Ted gave just a glimpse of the unity which held the team together.

"We were a really close team," Avey said. "In practice we would always push each other to whatever limit was possible. We had one goal, and to push ourselves to get better and reach it, we had competitions with each other."

Several members of the team mentioned the Conference meet as the meet which demonstrated their unity.

"We also grew a lot closer towards the end of the season," senior Bruno Gilchrist said. "It really showed at Conference because everyone was cheering for everyone else. After the meet was over, we all sang 'Loyalty.'"

It was through the many time trials and practices that the group of boys emerged as a real team.

"There wasn't a designated leader, usually the fastest runners set the pace and we all kept up," sophomore Travis Nichols said. "Some people think track is an individual thing, but we're a team and we use each other to push ourselves to the next level."

It was a season full of individual accomplishments and team accomplishments. Through it all, however, the team learned about friendship and support.

"When City High won State, they didn't even look happy about it," Gilchrist said. "Even though we got second, we were jumping around and yelling. It just showed how far we'd come and everything we'd accomplished."

"Some people think track is an individual thing, but we're a team and we use each other to push ourselves to the next level."– sophomore Travis Nichols.



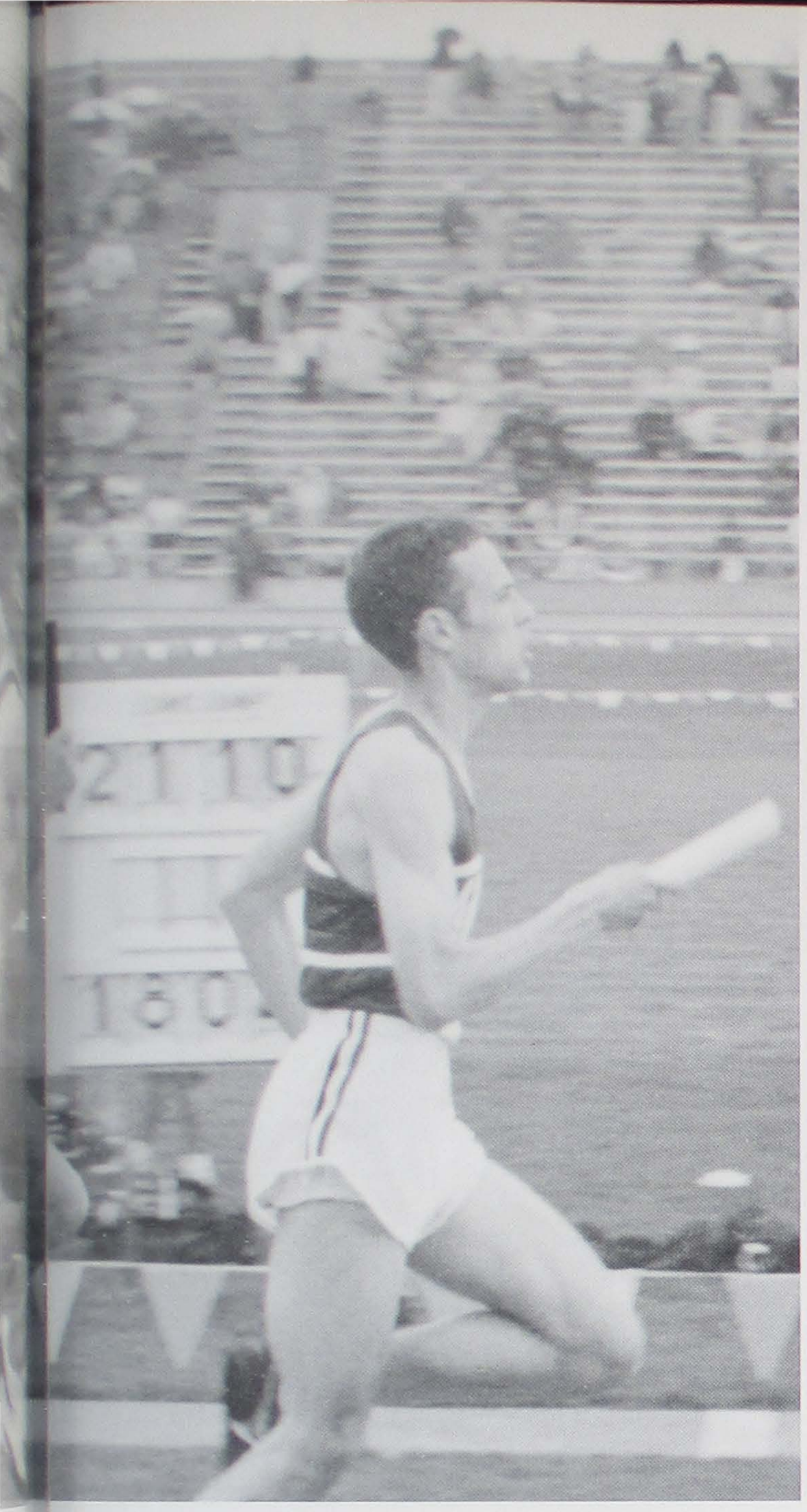


Boys' Track Team. Front row: D. Terrones, M. Nelson, J. Sedgewick, J. Webb, D. Roy, W. Huang, M. Sedgewick, R. Long, D. Stelman, D. Cheney, A. Maysent, A. Whiteford, I. Bills, J. Greenlee, A. Sage **Second row:** T. Wickrama, R. Smalling, E. Upchurch, R. Beck, T. Hamblin, B. Good, J. Grant, R. Buchwald, R. Chambers, J. Bullock, E. Hallam, M. Charter, M. Morain, A. Wagner, M. Gylstrom, A. Brown, **Third row:** Manager K. Staudt, M. Sermet, J. Ellmaker, R. Ghaffarzadeh, Z. Keller, M. Anderson, C. Devens, Coach Jones, Coach Vertanen, Coach Sletten, Coach Pelzer, Coach Downs, M. Gardner, M. Dirnberger, R. Tesdall, F. Fadeyi, M. Miller, Manager C. Meyers **Fourth row:** E. Greving, S. Mullica, A. Preschoelt, M. Lueth, B. Stevemer, R. Ridnour, N. Dau, J. Miller, M. Vardeman, J. Wray, J. Nichols, T. Nichols, D. Hamilton, E. Lemkuhl, S. Steenbeke, J. Mauk **Fifth row:** P. Stewart, A. Hertz, B. Antisdel, A. Holberg, C. Houge, D. Avey, M. Loney, C. Belz, J. Burrows, J. Wilson, C. Melvin B. Kellen, D. Evans, B. Gilchrist, D. Ginder, J. Ryan

SCORE BOARD

Varsity Boys' Track

Ames	Opponent
1st	Ankeny
1st	Wilkinson Relays
1st	Hi Covey Relays
1st	Bobcat Relays
1st	Ames Invite
1st	Hawk Relays
1st	Conference
2nd	State



Senior Mert Sermet maintains his lead as he sprints the last few meters of his leg of the 4 X 400m relay. Sermet and members of his relay team competed at the Drake Relays. (Photo courtesy of Dustin Avey)

Receiving the baton from junior Matt Loney, junior Dustin Avey immediately sprints out into the lead at the State meet. Avey anchored the winning 4 X400m relay. (Photo courtesy of Dustin Avey)





outstretched, sophomore Clint Belz glides over of the 100m high hurdles. Bundling up was the way to protect runners from the brutal cold. Pho by Jason Rearick)



Senior Bruno Gilchrist is followed closely by senior Joss Nichols as they lead their workout group around the track. Attempting to catch the leader made runners constantly push themselves to improve. (Photo by Jason Rearick)

40-Love

In a season that was supposed to be a rebuilding one, the girls' tennis team played, won, and hit the ball as loud as they could

By Sam Grotewold

In 1994, the Little Cyclones girls' tennis team pieced together one of its most succesful seasons ever. When the dust had cleared, however, three of its top six players had been lost to graduation.

Then, before the 1995 season began the team lost Sarah Freed and Jen Olson, its two returning seniors, to a back injury and an overseas trip. The Little Cyclones, however, did have seven returning letterwinners in juniors Emily Dobbs, Gretchen Guffy, Jill Muller and Sara Skahill, along wih sophomores Natalie Carver, Meghann Hunt and Nickie Theide.

"Beginning the season, we just wanted to make it to state, if not in team play then at least in individuals." Skahill said. "For such a young team, we made it a lot closer than a lot of people expected."

As the team began its season on April 6 at Des Moines East all whispers of a young and inexperienced team were quickly silenced as the Little Cyclones shut out East, 11-0. The Little Cyclones didn't lose a set in the meet, and lost two or more games in just six of the twenty-two sets played.

The Little Cyclones next picked apart Boone, 11-0, and four days later opened its Central Iowa Metro League season by blanking Fort Dodge 11-0, losing just two sets in the entire meet.

> "For such a young team, we made it closer than a lot of people expected."-junior Sara Skahill

The Litte Cyclones won their next six meets, beating Marshalltown, Urbandale, WDM Dowling, Mason City, Newton, and Ankeny before losing to Roosevelt, a team that had advanced to 1994s four-team state tournament and held two of the top six players in the state.

Ames next faced West Des Moines Valley, the two time defending state champ, who beat the Little Cyclones 8-3.

In Regional finals, the Little Cyclones overcame a slow start against Boone and won 9-0. Two days later the advaned to the final round by beating Urbandale 7-0. Later that day the Little Cyclones faced Roosevelt in the Regional finals, but lost 3-5, ending their season.

While the Little Cyclones didn't make it to team state meet, the doubles team of Hunt and Dobbs did earn a trip to the individual state tournament in Des Moines by beating a West Des Moines Dowling team in the doubles semi-finals and meeting the #1 seated Roosevelt in the doubles championship.



During a break in her singles match against Roosevelt, sophomore Meghann Hunt receives instructions from coach Len Thiede at the Byer Hall tennis courts. (Photo by Sam Grotewold.)

SCOREBOARD

Girls' Tennis

Ames	Opponent	Opp
11	D.M. East	0
11	Boone	0
11	Fort Dodge	0
9	Marshalltown	2
11	Urbandale	0
8	WDM Dowling	3
11	Mason City	0
10	Newton	1
11	Ankeny	0
5	Roosevelt	6
3	WDM Valley	8
Tournament Team Play		
9	Boone	0
7	Urbandale	0
2	Roosevelt	5



Junior Gretchen Guffy returns her opponent's serve in her singles match against Urbandale. Guffy won the match, 6-1, 6-1. (Photo by Sam Grotewold.)

Sophomores Naomi Lohr and Steffi Drewes face Roosevelt in doubles action at Byer Hall. Lohr and Drewes won, 6-0, 6-1 (Photo by Sam Grotewold.)





Tennis. Front: Breeze Smith, Theresa Nassif, Coach Suzy Shierholz, Tett, Naomi Lohr, Jill Watson,Howaida El-Khabiry, Steffi Drewes, Nicki , Coach Len Thiede **Back:**Aletia Van Brocklin, Natalie Carver, Meghann Jen Olson, Emily Dobbs, Sara Skahill, Jill Muller,Megan Rademacher, ien Guffy

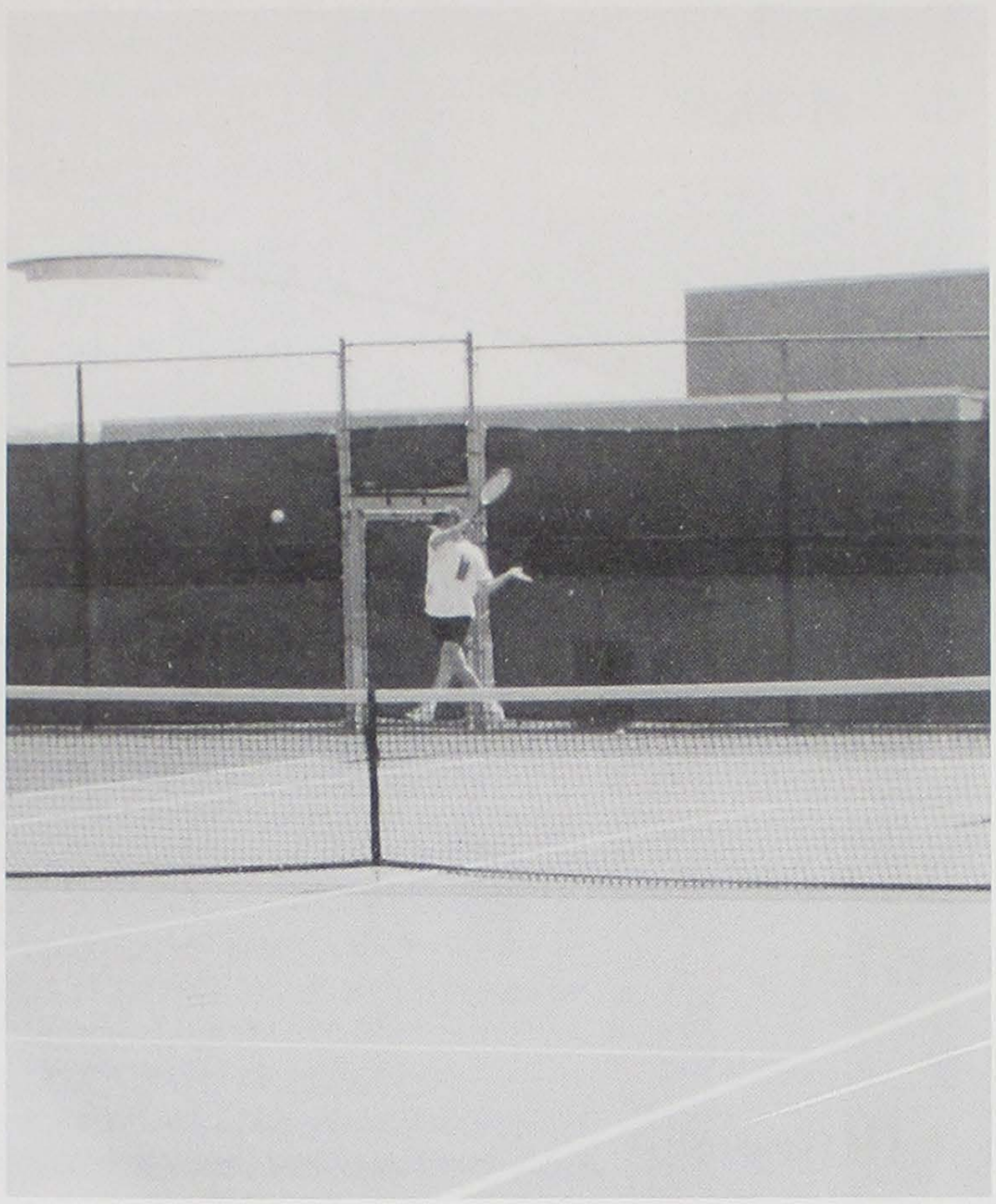


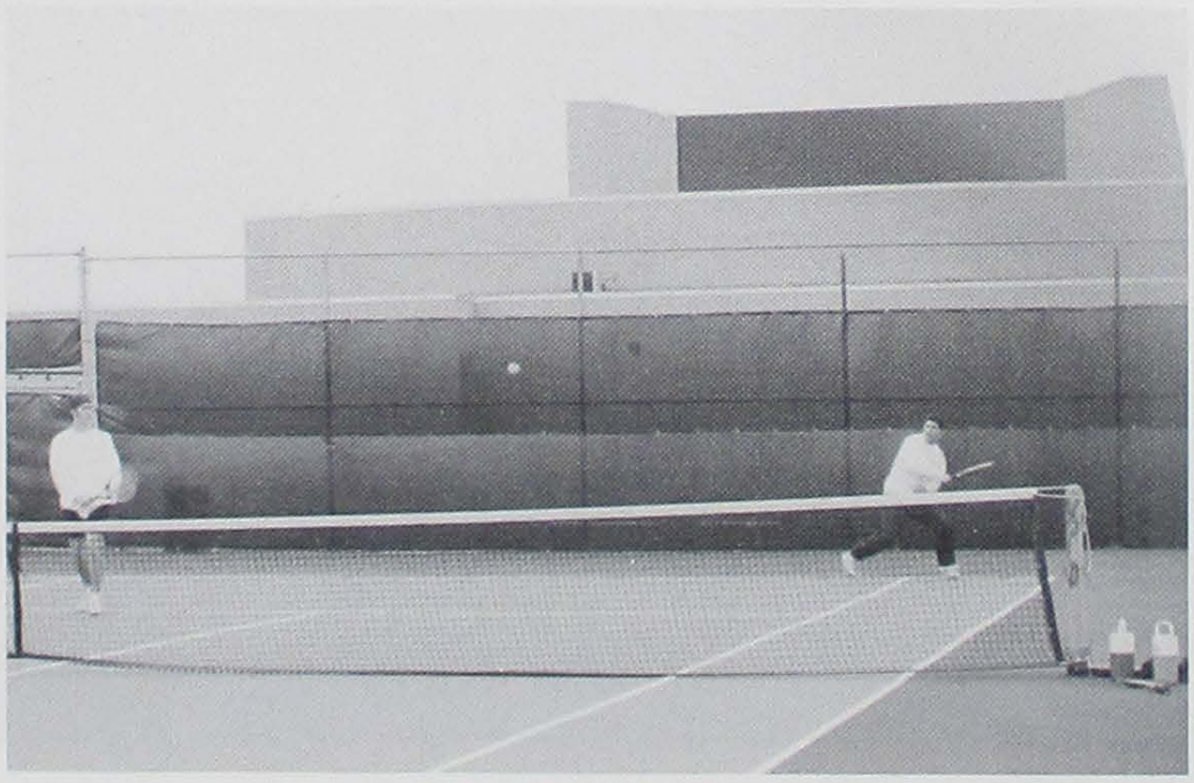
Sophomore Nicki Thiede stretches for an opponent's shot during a doubles match against Mason City. Theide and her partner, Emily Dobbs, won their match 6-2, 6-1 (Photo by Sam Grotewold.)

During a rare good weather practice, sophomore Jon Titus practices his overhand serve. (Photo courtesy of Jon Titus)

During a match, an Ames player returns the ball with force and authority. Using their experience the tennis team went on to have a winning season.(Photo courtesy of Coach Bob Gibbons)









Seniors Dave Good and Bill Dunlay practice their doubles' game. Their uplifting attitudes and their leadership gave the team a boost of much needed confidence.(Photo Courtesy of Coach Bob Gibbons)

Front: David Jeong, Dan Slutski, Michael Chang, Joe Skluzacek, Jon Ti
Jon Schroeder, Andrew Yee **Back**: Steven Chang, Mark Bailey, Jeff K
Dan Vogel, Dave Good, Bill Dunlay, Dave Sosnouski, Adam Shriver, Glen

A HIT OF ATTITUDE

Rainy days dampened many practices but not the team spirit. The team showed maturity, leadership, and most of all a positive attitude.

By Vanessa Kuo

The boy's tennis team faced many challenges during the season. Not only did they have to deal with their own personal struggles, but the weather was also a problem . The rainy weather caused the team to miss numerous practices as well as a few meets. The team had higher expectations for themselves and when they didn't reach their goals they were disappointed.

"This season was somewhat of a disappointment," sophomore Jon Titus said. There were just as many days of rain as there were days of practice. Our post-season play stopped abruptly when none of the Ames netters made it past the quarterfinal round of district competition."

Although they were disappointed, they looked on the positive side. They never let anything get to their good attitudes.

"It was a disappointing end(districts), but we all gave it our best shot," senior Dave Good said. "What more can you ask for in a team?"

This was also Coach Gibbons last year coaching the tennis team. He has left many good memories with them. He always gave 100% to the team and was always in good spirits.

"The entire team feels let down that Coach Gibbons is leaving," junior Jeff Koch said. "He has been an inspiration to the entire team. Throughout my three years on the team he has become more than a coach to me—he has become my friend. Not only has he helped my excel in tennis, he has helped me in academics and he has taught me how to carry myself with dignity."

> "It was a disappointing end (districts), but we all gave it our best shot. What more can you ask for in a team?" –senior Dave Good.

The season was not totally disappointing. There were many highlights for individuals. Sophomore Michael Chang, a returning letter winner, had yet another successful season. Other individuals also improved from last year. The team closed out the season with a winning record.

"Of course, there were definitely more positive sides to our season than negative ones," Titus said. "We had another winning season and ended it with a strong win against Fort Dodge. The highlight of my season was winning the Bobcat Doubles Tournament handily. At number four doubles, my partner, Glen Pak, and I failed to lose a single set in all of our three matches."

Although it rained many days, it never once dampened their hopes. And towards the end, the sun finally came out and their discouragement lifted.

Boys' Tennis

Ames	Opponent	Opp
11	East	0
11	Indianola	0
7	Fort Dodge	4
3	Roosevelt	8
0	Valley	9
5	Urbandale	6
9	Mason City	2
7	Ankeny	4
5th	Districs	



In perfect form Junior Adam Shriver serves to the opposing player, while sophomore Michael Chang gets ready for the return. Shriver got teamed up with Chang when Shriver won a challenge match and moved to the No. 2 singles spot.(Photo courtesy of Michael Chang)



Striving for a hole in one, senior Jamie Berg keeps an eye on her ball during a home golf meet. Practice, precision and accuracy helped the team score big in challenging meets. (Reprinted with permission from the Daily Tribune/Jason Walsmith)

ALMOST THERE

Despite bad weather, the girls' golf team had a good season and nearly made it to State.

By Collette Best

The girls' golf season started with a lot of rainy days. Meets were postponed and/or cancelled. The team still worked hard and couldn't wait for each meet. They were proud of their work, but upon occasion a little disappointed.

"This season was full of many triumphs, but along with them came one disappointing loss," sophomore Erin Naeve said. "We really thought we had won Regionals against Marshalltown to go on to State. When Marshalltown's fifth girl came in with an 82, Ames' smiles quickly turned into frowns."

Even though the girls suffered through tough losses, they used the tough times to build lasting friendship as they got to know each other well during the season.

"Next year we lose seniors Julie Swanson and Katie Rhodes," Naeve said. "They were big assets to our team and we are really going to miss them."

Many teammates were glad that the team wasn't as big as teams are in other sports. The smallness made it easier for them to be more united as well as stay aware of the progress of other golfers.

"I thought that golf was better than basketball because you're united as a team because there's not as many people,' freshman Angie Steele said. "It's easier to get to know your teammates."

Mother Nature posed as the dominant problem for throughtout the season. Springtime was cold and rainy and made it difficult to hold meets on their scheduled dates.

"I felt that our overall season went really well," sophomore Dana Doran said. "In the first part of the season we battled the weather because it rained so much, but we tried not to let it bother us. Our goal was to reach State, but we just missed it."

Despite the horrible weather and a defeat at state, the girls' golf team overcame the hardships to have what teammates felt was a pretty good season.

"In the first part of the season we battled the weather. Our goal was to reach State, but we just missed it." - sophomore Dana Doran.



First row: Jenny Ellett, Holly Hampson, Jenny Cronan, Julie Swanson. **Second row:** Angie Steele, Dana Doran, Amy Swank, Sommer Mohs, Erin Naeve, Jamie Berg, Erin Life, Kristy Powell. **Third row:** Katie Rhodes, Natalie Carver, Michelle Klatt, Kayla John, Stephanie

TIMES OF CHANGE

Even without all the publicity that other sports received, the team kept its spirits and numbers high

By Melissa Harris

Hard work and dedication helped the girl's soccer team finish the season with a winning record. Although they did not do so well at state, they tried their hardest and played well as a team.

Teamwork both on and off the field brought the team closer. It made each member of the team feel accepted and comfortable to be there.

"Earl (our coach) wants us to be like a family. We get along really well and have fun as a team, "sophomore Jennifer Peyser said.

Some of the team members had hardly any experience at all, but some had quite a bit.

"I've been playing since I was five years old," freshman Ashley Brock (a member of the JV team) said. "For the most part, the team has been playing together since middle school, and some even longer."

Homecoming helped the team get a little recognition, but only because they took the initiative to build a float for the parade on their own.

"We built a float for the homecoming parade," senior Bhagya Wickrama said. "It had soccer balls filled with candy on it that we kicked out to the crowd."

> "Earl (our coach) wants us to be like a family. We get along really well and have fun as a team." Sophomore Jennifer Peyser

Most teams played fair, but some teams got a little rough and weren't nice even off the field.

"The Valley seniors were nasty," sophomore Jennifer Peyser said. "A lot of them were snobs too."

The team experienced a change between the fall and spring seasons, more girls joined the team. Specifically more seniors joined.

"I decided to be in soccer because there were a lot of seniors on the team and I wanted to try something new," senior Bhagya Wickrama said.

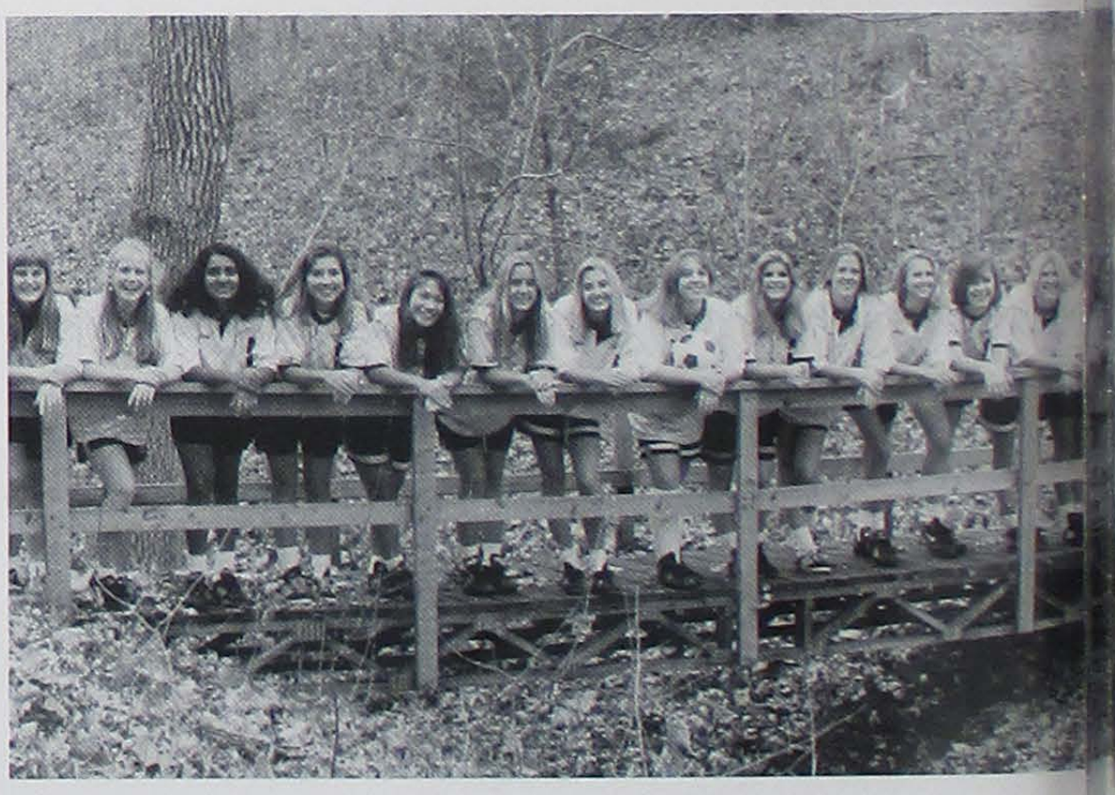
The team tried to get some recognition, but it was hard since they were not directly through the school and were a fairly new addition.

"We tried to get soccer into the school, but for right now we just tried to get someone to announce when our games were and how we did," senior Darla Bovee said.

Changes in team members and in positions did not stop the girls from having a fun and productive season. They got through it and even got a little more recognition than in the past.



Senior Jackie Olberding tries to get the ball away from her opponents. Double teaming often occurred when it came to offensive strategies. (Photo by Kristi McÇonnell)



(Fall Squad) Left to Right: Carrie Shupp, Jennifer Peyser, Bhagya Wickr Mandy Padilla, Buffy Quintero, Karen Moon, Stefanie Donnell, Amanda Darla Bovee, Brenda Brockman, Kristina Sassman, Emily Mize, Beth Or Kate Dobberke, Jamie Huss. Not Pictured: Angie Huls, Sarah Freed.



Junior Cata Flores finds herself alone on the field with the ball and no opponents to worry about. This was a very unusual situation since most of the girls were fast-moving and had high endurance. (Photo by Kristi McConnell)

Sophomore Jennifer Peyser tries to get the ball before her opponent from the Valley team. Peyser said the Valley seniors played "really nasty". (Photo by Ariane Steffan)





(S**ing Squad) First row:** Jennifer Peyser, Emily Woline, Buffy Quintero, Brenda B kman, Noelle Padgitt. **Second row:** Kristina Sassman, Angie Madisonm, K Dobberke, Angie Huls, Gina Olberding, Darla Bovee, Carrie Shupp. **Third r** Jenny Johnson, Jackie Olberding, Stefanie Donnell , Eleanor Jensen, Mandy P lla, Emily Mize, Rebecca Glatz, Jamie Huss, Coach Earl Ogawa, Cata Flores.



Senior Gina Olberding passes the ball up for teammate Eleanor Jensen to receive. Teamwork was a must for any progress to be made up the field. (Photo by Kristi McConnell)

GOAL SCORED

As the season progressed, the team gained experience, confidence, and a sense of comradeship.

By Vanessa Kuo

The boys' soccer team achieved one of their ultimate goals. They went to state and played one of their best games. This year marked a new beginning for the sport of soccer at Ames High. A freshmen team has been added with the varsity and JV teams . It was considered a success.

"Beating Roosevelt in the tournament really electrified us because they were ranked number one," freshman Brent Fogarty said. "It was really special to us since we were struggling throughout the season."

Their season was filled with surprises and special moments. With all that the team accomplished, their negative thoughts washed away with the rain. Once again the spirits of the team lifted when the varsity team made it to the state tournament.

"The state tournament was one of the best events during the season. But it was also a sad one, since we were one of the first teams to go," senior Gabe Padilla said.

The state tournament provided the team with a sense of accomplishment. Going to state was precious to them, since their regular season record was somewhat of a disappointment. They went to state with a wave of confidence after beating their opponent 8 to 0 at substate.

"At state, I thought we played really well, it was the best we played all season. I think it was because we had no pressure to win; we had nothing to lose," junior Chris Bartine said.

The team was not just a team, they were also good friends. As the season progressed the team grew closer. They will always have good memories of the times they shared throughout the season.

"Right before districts, the team had a barbecue and I thought that that was the first time the team felt like a team. The team bonded really well," Bartine said.

Throughout the good and the bad, they always looked to the future and never lost their faith in their season and in the teammates.

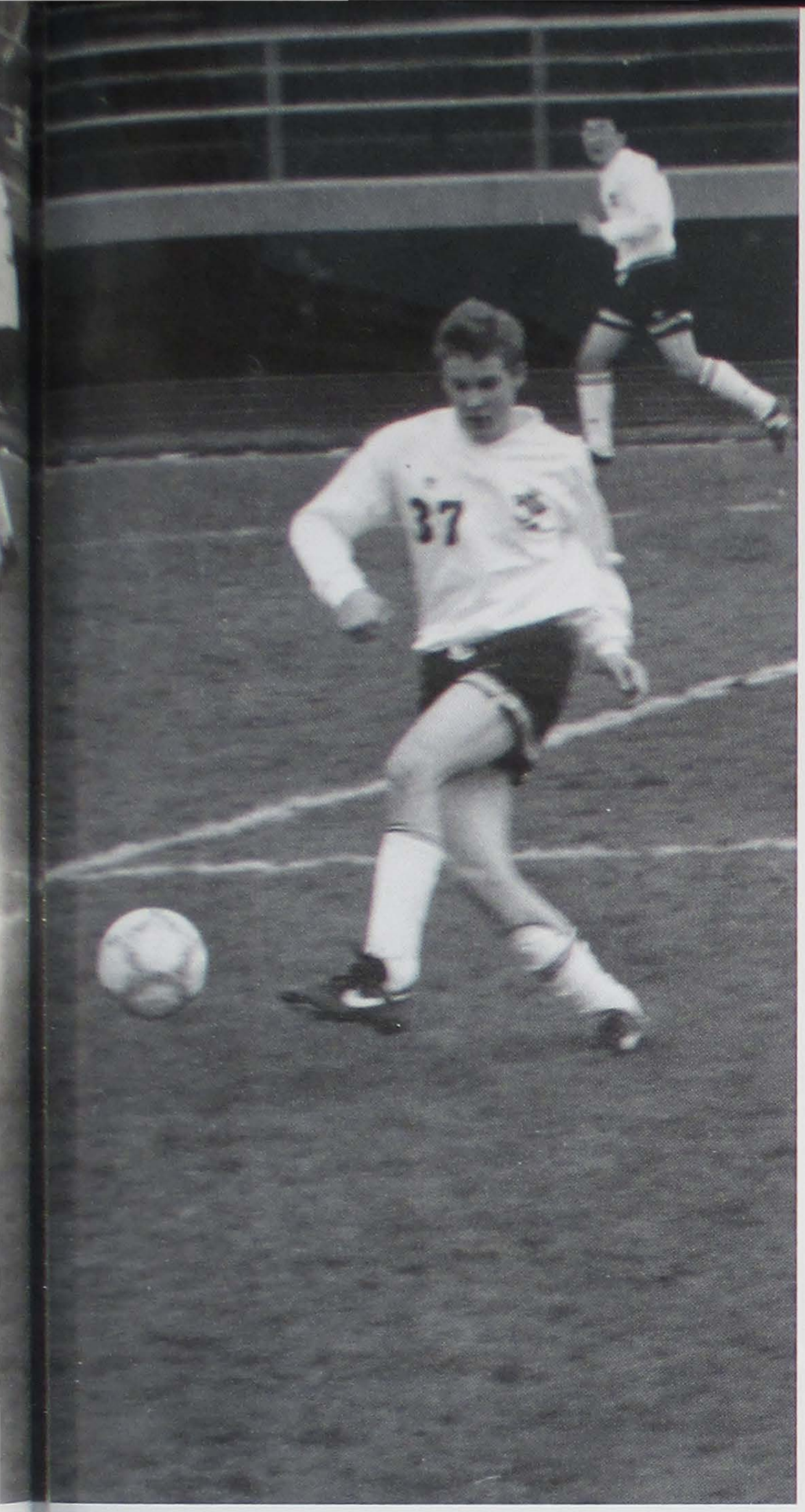
> "Beating Roosevelt in the tournament really electrified us because they were ranked #1. It was really special to us since we were struggling."-freshman Brent Fogarty.



Senior Adrian Van Etten kicks the ball with force around the opposing team. He went on to score a goal for Ames High. (Photo by Ariane Steffan)



Front: Jack Liao, Chip Kihl, Justin Nemitz, Danny Nutter, Beth Orning, Chris Tomlison Back: Coach K, Andy Johnson, Jason Foster, Tom Jensen, Jon Crawford, Anthony Hartman, Kyle O'Riley, Bryan Hansen, Coach Robinson



Freshman Joseph Mowers dribbles the ball down the field, trying to score a goal. Many freshmen had the opportunity to play on the JV team through rotation. (Photo by Ariane Steffan)

Senior Andy Brock maneuvers the ball around the defendant, while looking for an open teammate to pass to. (Photo by Ariane Steffan)





: J.Bouillion, B.Schmitt, N.Jones, M.White, C. Bartine, .Wiemeyer, G.Padilla Second Row: M. Peterson, M.Beaulieu, .Werka, J.Foster, P.Fanous, A.Nuhu, J.Redmond, D.Nutter, .Gley Back: Coach Olson, A.Brock, B.Magel, J.Ollila, J.Deardorff, yeu, J. Crawford, D.Wetzel, A.VanEtten, Coach K



Junior Jeremiah Redmond approaches an opposing player in preparation to pass the ball to Senior Gabe Padilla. (Photo by Ariane Steffan.)

RUNNING HOME

The Little Cyclone softball team sprinted and slided toward victory

By Robyn Epstein



Seeing the ball fly towards her, senior Charli Engelhorn readies her bat. For seniors it was a special season because they would never play for Ames High again. (Photo by Darin Johnson)



After warm-ups, junior Angie Gabrielson, sophomore Erin Johnson, and senior Jenny Johnson discuss strategies for their upcoming game. This was a ritual to get each other prepared for playing a good game. (Photo by Darin Johnson)



In an effort to further her team's performance, junior Angie Gabrielson slides to third base. She was safe. (Photo by Darin Johnson)



With speed and strength, junior Laura Biechler throws the ball towards the pitcher's mound. The Little Cyclones were playing against the Ankeny Hawkettes. (Photo by Darin Johnson)

Swinging at the ball that had just been pitched to her, sophomore Amy Van Slyke prepares to drop her bat and run. One of the keys to a solid performance was the quickness of getting from base to base. (Photo by Jason Rearick)





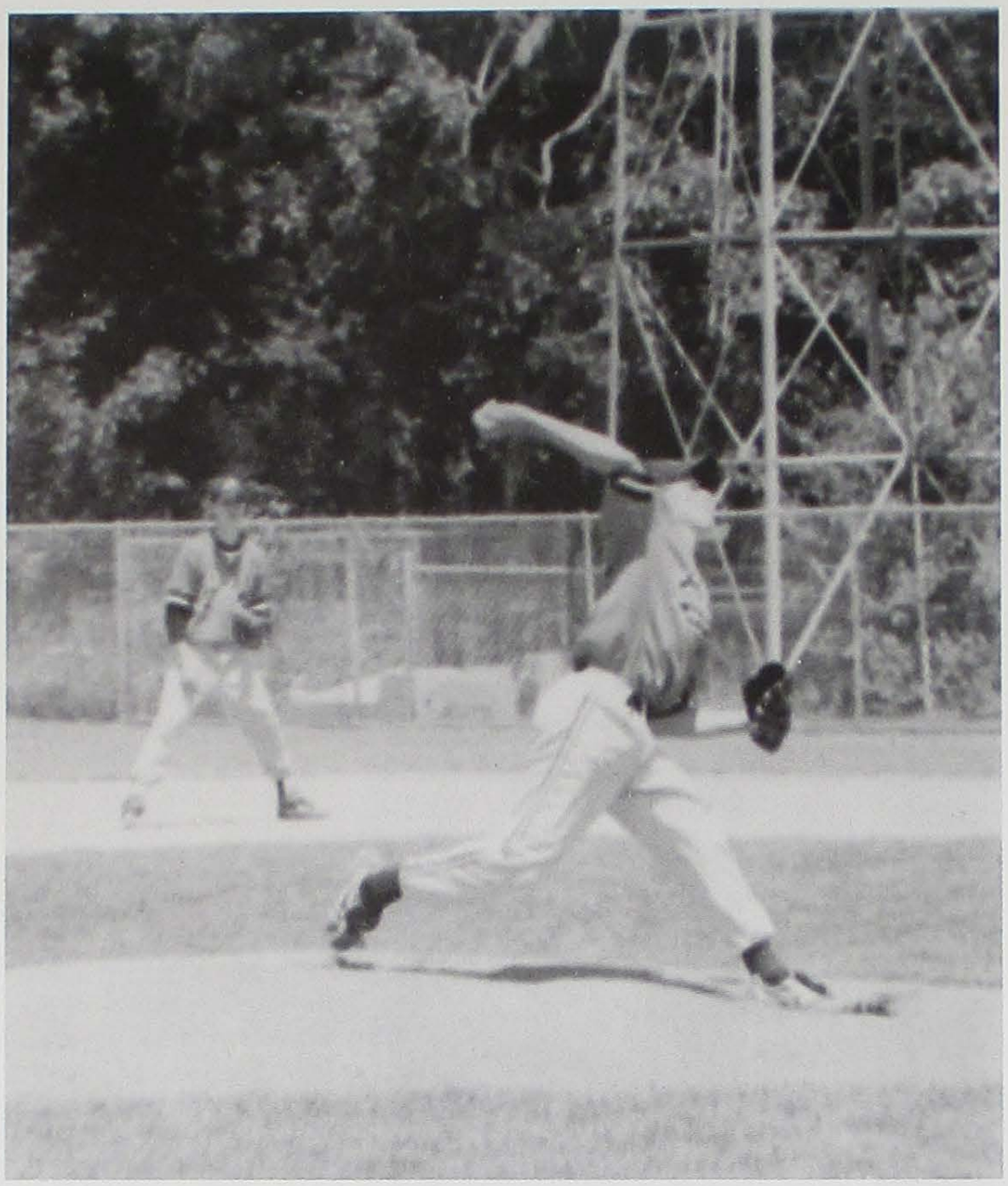
Pining to the opposition, junior Kelly Good lets some steam. Softball was a good way to relieve the stress of everyday life. (Photo by Jason Rearick)



After a game, the junior varsity team walks back to the the dugout. They lost the game and had just finished shaking the hands of their opponents. (Photo by Jason Rearick)

With great force, number 12 on the JV team, hits the ball and attempts to bring another player home.(Photo by Jason Rearick)

An Ames freshman pitcher winds up for another pitch, hoping for another strike. (Photo by Jason Rearick)









The Ames catcher prepares for another pitch while the umpire called strike number two on the opposing player.(Photo by Jason Rearick)

Freshman Curt Van Maaren earns the team other runner on base with his single into r field.(Photo by Jason Rearick)

BASES LOADED

The Little Cyclone baseball team swung for a season that was out of the park.

by Kristi McConnell



FreshmanMicah Martinez eyes the pitch as it crosses the plate. Martinez checked his swing which became ball number four. (Photo by Jason Rearick)





Sophmore D.J. Brown attepts to eliminate a Johnston player by sliding in to third plate during a home game at Brookside Park. (Photo by Jason Rearick)

Freshman Micah Martinez cheers on his teammates from the bench as the players give each other words of encouragment.(Photo by Jason Rearick)

Crowd Support

An essential part of competition was the people behind the players, the students in the stands

By Emily Bourne

Orange and black hanging in every corner, posters and streamers pasted all over the halls, cheerleaders sprinted here and there among the students. Typically, this day was one of many when students got pumped up to support their school teams.

Pep rallies weren't the only time when students got hyped up for big matches. They did crazy times at all times of the day—and night.

"To kick off homecoming week, a huge group of us got together and teepeed the school," senior Dan Gardner said. "We got it really bad. Teepeeing is fun anytime but it gets really exciting once the cops show up."

Athletics wasn't the only area that had many supporters. Theater was also a big part of many people's lives.

"In the theater department, all the students work together to pull everything off. Everybody works hard and develops a special bond," senior Sara Stevenson. "It's also nice to have other students and faculty come to the plays because we want to show them what we can do."

Also, a lot of programs were heavily supported by the community, as well as parents.

"Many parents and friends of the performers attend band concerts and special events throughout the year," senior Heidi Herold said. "The parents and a few businesses also support the band program through "Band Boosters."

Many organizations were supported by the school not only by participation, but finalcial, also.

"In April, 100th Green Butterfly organized Green Week. The entire school and student body got behind us and supported us, and together we raised almost $1,000," senior Becky Chacko said. "With this money we were able to buy trees for our school. This is something we want to do to thank the school for all of its support and cooperation."

Audiences ranging from fellow teammates, parents, community members, and just plain spirited students all composed an enormous amount of support in the daily lives of students. With this strong support, students performed at tehir highest level, leading to accomplishments of achievement.

> Teepeeing is fun anytime, but it gets really exciting once the cops show up."
>
> —senior Daniel Gardner



Being part of a four-time state champion cheerquad, senior Lisa Biggs contributes to the group's work by holding up a sign to get the crowd to cheer. "The state championship was a time when the cheerleaders got a chance to show what they could do as a team," Biggs said. "It was a time when we were doing a good thing for the squad, rather than the crowd."



The students in the stands at the Homecoming football game sported colors and were full of spirit. Girls traditionally wore the guys' football seys, and some students also painted their faces and stomachs. (Photo Robyn Berning)



Seniors Eric Lehmkuhl, Jason Ryan, and Tomas Jensen show the ultimate form of support--painted chests bearing AHS letters and colors. The spirit at the Homecoming game got everyone involved--from painted cars to booming speakers on the field. (Photo by Emily Bourne)

Members of the junior class form a quickly put-together pyramid as part of the Homecoming class games. The games were played in the gym at the pep assembly. (Photo by Alicia Ackerman)





ne of their home meets, members of the girls soccer team show their ort on the sidelines. One of the biggest forms of support came from teammates on athletic teams. Team unity led them to show every was valuable. (Photo by Kathy Loveland)



At half-time during one of the Boys' Varsity basketball games, members of the Robert Thomas Dancenter's Dancers group performed. The group won numerous awards and recognition for their outstanding performance. (Photo by Emily Bourne)



During passing tim students attempte to get to their ne class before th crowd. The constru tion closed mar halls, which cause hassles betwee classes. (Photo b Kristi McConnell)

THE FACE CARDS

80% of the student body was involved in some type of extra and/or co-curricular activity.

The freshman class (Class of '98) had approximately 389 students during the 94-95 school year. The senior class (Class of '95) had approximately 329 students during their freshman year, 1991-92. The large enrollment increase caused many population problems in classes as well as in the hallways.

As of September 29, 1994 the male to female ratio in each grade broke down to the following: Ninth: 186 to 177, Tenth: 181 to 157, Eleventh: 173 to 168, and Twelfth: 137 to 178.

The current student to teacher ratio is approximately 22:1. There are 111 full or part-time professional faculty members. Three fourths of the faculty have earned their master's degree and four have completed their doctorate.

Seven faculty members and two support staff said their final goodbyes to AHS as they retired at the end of the school year. The nine staff members included Roger Andersen, 26 years; Ron Bredeson, 32.5 years; Jean Dow, 22.3 years; Darlene Hade, 28 years; Sue Peters, 14 years; William C. Ripp, 36 years; Donna Schepers, 26 years; Laura Shanks, 14 years; and John Sletten, 26 years.

Kris Achter
Grace Aiton
Aaron Alcott
Tom Allen
Ankur Amin
Albert Amos
Joe Anderson
Katherine Anderson

Mark Anderson
Nate Anderson
Scott Anderson
Carolyn Andrews
Nichole Arends
Mike Arkovich
Melissa Arneson
Courtney Arthur

Amy Ballantine-Patton
Jenny Barret
Hiliary Barta
Shawn Bartholomew
Chris Bates
Loraine Bates
Mary Baty
Ryan Beck

Tanner Beck
Evan Benbow
Trefor Benbow
Karen Bennett
Rachel Best
Issac Bills
Caity Birmingham
Adam Biskner

Karen Bittner
Derek Bjelland
Adam Blazek
Katie Bourne
Robin Boyd
Dan Braun
Bradley Braymen
Brett Brinkmeyer

Ashely Brock
Andre Brown
Andrew Brown
Bobby Bucwald
Brett Bumgarner
Amy Bungert
Jacob Burgduff
Scott Cameron

Sharim Cardenas
Travis Cardwell
Christopher Carlson
Christopher Carlson
Mindi Carlson
Jason Carney
Erin Carter
Richard Chambers

Jane Chang
Leila Charkhabi
David Chenevert
David Cheney
Abbie Chaot
Lance Christians
Tim Christians
Jeff Christianson

Michael Christianson
May Chu
Jesse Ciccotti
Crystal Clark
Dan Clark
Jason Clark
Walter Clark
Jordon Cook



Once again they are the last rung of a four rung latter. They are pushed, shoved and abused, or are they?

Bottom of THE HEAP

By Vanessa Kuo

reshman," it is a forbidden among the freshmen to say. one ever wants to admit that are a freshman. No one wants e made fun of, looked down , or tortured.

veral students thought of high ol, before they came here, as mense building with many monsters. Most freshmen are ent with their first year of high ol. Some had things to com- about though.

ssica Larson said high school "Okay, but hallways are so ded and people move so "

hallways are extremely over ded, partly because of the con- ion, partly because of people ike to stand in the middle of allway, and partly because of umber of students in this ing.

hers had their hopes slightly ed. There were minor frus- s. Derick Terrones said, "The eria does not have enough room for all the people, I have to eat outside." He also added about PE, "We shouldn't have to swim at all, and we run way too much."

High school is not that bad. No one, especially the freshmen should believe what other people say about high school. They need to find out for themselves. For example,

"Every teacher at Ames Middle School said the seniors were going to pick on us, but instead the seniors just ignore us." said Katie Stuadt.

It is true, seniors have more important things to do, like sitting on the senior rail, than to harass or make trouble for freshmen.

When the year has come to an end, freshmen will yell ,"I'm a sophomore!", though in their hearts they will feel a little sad. No one will admit it, but they actually enjoyed their first year of high school that was supposed to "suck".

"The cafeteria does not have enough room for all the people; I have to eat outside."– freshman Derek Terrones





Freshman Andrew Brown sits and reads a book during study hall. Many students find study hall a hassle. (Photo by kristi McConnell.)

Freshman Aaron Heggen sits and rests after a long and hard Driver's ed. class from Automotion. Students have the option of taking driver's ed from the high school or Automotion from Ankeny.

Sarah Cox
Andy Craig
Barbara Crockett
Virginia Cronin
Trisha Dau
Jamal Davis
Jamie Day
Luke Deardorff

Jed Dehoet
Chris Devine
Michael Dirnberger
Nick Donahey
Mike Downs
Thomas Downs Jr
BJ. Drake
Ethan Dunham

Julie Dunwell
Gary Eaches
Jason Eernisee
Heidi Eickholt
Howaida El Khabiry
Mark Ellingson
Ashley Elston
Brooke Ennen

Amber Erickson
Dana Erickson
Marissa Erickson
Carly Evens
Matt Ezarski
Tolu Fadeyi
Katie Finn
Sara Foderberg

Brent Fogarty
Kate Friedrich
KariFrizzell
Manisha Gadia
Andrew Gallahan
Chris Gardner
Elizabeth Gardner
Mark Gardner

Kelly Garrison
Annie Gatewood
Katie Geha
Roozbeh Ghaffarzadeh
Charity Gillenwater
Neda Golchin
Tonya Goodall
Paula Gwyeneche

James Grant
Joshua Greenlee
Kara Greving
Stephen Griffen
Andrea Gunning
Matt Gyllstrom
Brandon Hageman
Elizabeth Hallamn

Kelly Halihan
Troy Hamblin,
Holly Hampson
Keith Hannapel
Bronk Harms
Aaron Harris
Amy Hatten
Amber Heaberlin

Sarah Hegland
Ben Heinen
Sarah Helmar
Jerry Hiatt
AutumnHickman
Bjork Hill
Andrea Holst
Emily Horst



Elizabeth Hoyt
Tanner Hronek
Sandy Huang
Andy Hughes
Danial Hummerl
Sara Hurburgh
Jaime Huss
Janell Hutchison

Brock Hutson
Kyung Hyun
Ann Jacobson
Natalie Janssen
Ryan Jeffrey
Meleah Jensen
Chad Johansen
Robert Johnson

Brenda Jones
Tina Jung
Aaron Katz
Melissa Kauzlarich
Carrie Kearney
Richard Keeling
Emily Kell
Zach Keller

Amy Kelso
Khamsia Kiojai
Melanie Kjartanson
Stephanie Knop
Josh Kohrs
Carlene Kurschinski
Adrienn Lanczos
Joshua Lapan

How would you feel if there had a dress code??

" I think it would be to restrictive" – sophomore Cory Beck

–freshman Amanda Sally

" I think it would be pretty lame because everybody would look exactly the same and their would be no diversity."

–freshman Brandon Whalen

" I would go naked."

" Do the words "Bonfire" mean anything to you!!"

– sophomore Stephanie Wiegand

" I would become an 11th grade dropout/garbage woman."

– junior Meghan O'Neil

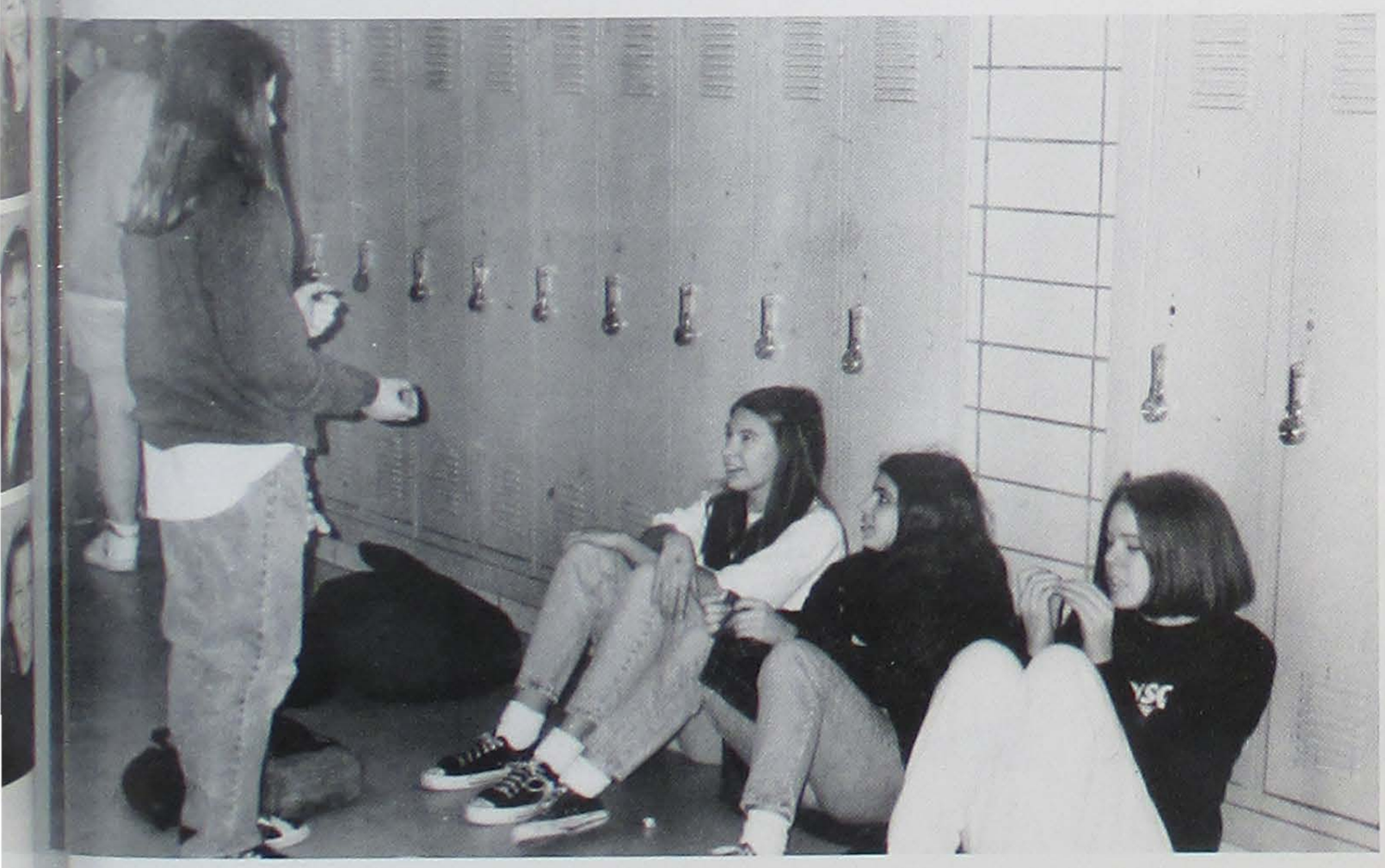
" Would you still have to brush your teeth?"

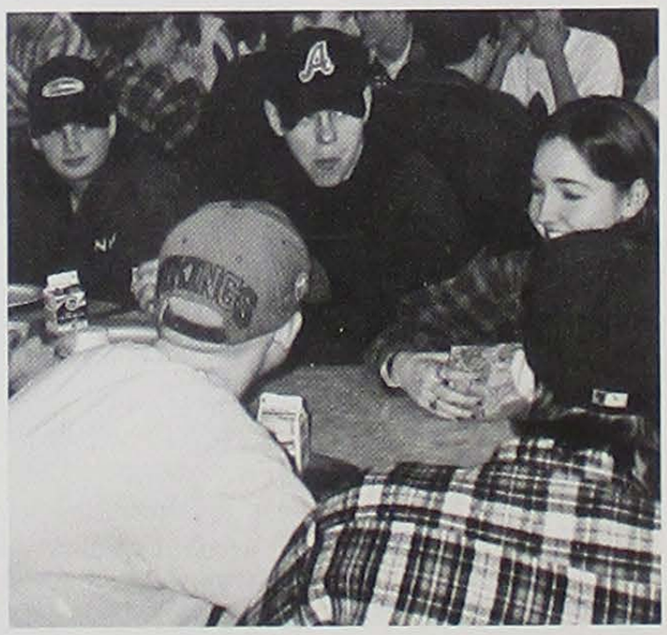
– junior MIke Popelka

" I'd come to school in langerie."
– Senior Amy Kilmer

" I'd enroll in Gilbert and hang out with Berry.'

– senior William Anderegg





Lunch is a great time for most freshman to talk with there friends. Some freshman took advantage of the opportunity before class. (Photo by Ariane Steffan.)

Freshman Kelly Montgomery Sarah Shonrock, Natilie Janssen, and Tonya Goodall take time out before school to talk. (Photo by Ariane Steffan.)

Chad Larson
Jessica Larson
Reed Larson
Rachel Lasley
Sarah Lawson
Jennifer Lee
Kathleen Leeds
Lindsey LePon

Margo Levine
Starla Lincoln
Erik Lingren
Andrew Lloyd
Jody Logston
Phil Lombard
Mike Lueth
Sarah Madsen

Wendy Magadza
Brianne Magel
Joshua Magie
Elizabeth Malone
Sean Manatt
Stefen Markov
Jim Martin
Micah Martinez

Michelle Marvick
Randy Mathison
Jon Mauk
Matt McCarley
Michelle McCracken
Amy McDonnell
Sam McDuffee
Kristen McGeeney

Liz McGonigle
Julie McKay
Michelle McLaughlin
Jennifer McMaken
Kelly Meierkord
Mike Meier
Jake Melby
Kristin Melby

Evan Menzel
Leah Merkley
Celina Beth Meyers
Katie Milleman
Matt Miller
Megan Miller
Joy Misra
Kim Mogard

Kelly Montgomery
Rachel Moon
Sofia Mosesova
Taletha Mosesova
Joseph Mowers
Umar Mujeeb
Koki Nakagawa
Theresa Nassif

Matt Nelson
Brian Nelton
Kirk Nesset
Manda Neumann
Jenni Newberg
Danella Newton
Sara Niemand
Adam Niese

RaeAnn Nordmeyer
Chad Norlin
Jim Norris
Joe Obrycki
Jon Olson
Matt Olson
Kristin Osmundson
Chinmoy Panigrahy

No one has ever died from embarrassment, but some have felt like they could.

Character-building MOMENTS

By Melissa Harris

Remember the first time you alked into a class and sat there fifteen minutes before you re- zed you were in the wrong ss? What about the time you alked into fifth period half and ur late because you thought u had first lunch but you re- y had second? If you do your t alone, this experience was d by many the first day of their gh school career. Whether it s first or second semester the barrassment lasted for many ys (and even months or years) er.

"I walked into my third period ss (which was supposed to be gebra 9), and it was all juniors d seniors," freshman Liz Hoyt d. "I know my face was beet l, and I wanted to die!"

Some others were embar- ssed by their peers, and it sn't always an accident. Sometimes their peers were vindictive and tried to sabotage them. Whatever reason they were the prey, all went away with a not so favorable memory.

"I was cheering at a ninth grade boys basketball game and one of the girls on my squad (who shall remain nameless) told me we were going to do one cheer, so I went out there and started doing it," freshman DeAnna Swyter said. "Right away I realized they were doing a different cheer, and I started doing the right one. I was so mad at her, and embarrassed."

This transition from Middle School to High School is one of the most difficult adjustments teenagers must make. Dangers are lurking around every corner. . .waiting to trap the unexpecting teen in a sticky situation. These often (if not always) are the most embarrassing moments of their life.

" I hate it when my older sister yells my name down the hall and her friends come hug me." – freshman Matt Olson



Sophomore Julie Tosten hangs her head in disbelief that the freshman boys basketball team just threw the ball to the other team instead of to their own. Freshmen Jake Burgduff and Tim Christians look on in disgust in the background. (Photo by Ariane Steffan)



Just being in study hall was an embarrassment for the underclassmen. However, it was even worse when upperclassmen came walking through and taunting them. (Photo by Kristi McConnell)

Naomi Payne
Lucas Peterson
Morgan Pett
Nicholas Pflug
Lindsay Pick
Nicholas Place
Mark Potter
James Proescholdt

Megan Rademacher
Rachel Randall
Matt Read
Kelly Reep
Amanda Rios-Riviera
Christy Rippey
Aaron Ritz
Heather Roberts

Jeff Roeske
Erin Rollenhagen
Wade Rosacker
Amanda Roth
David Roth
Louise Rothschild
Devashis Roy
Jake Ruppert

Jessica Saari
Nic Sailsbury
Amanda Sally
Nick Samson
Arno Sandoval
Travis Sassman
Elizabeth Schmerr
Jeremiah Schutz

Todd Schweikert
Jennifer Scott
Jon Sedgwick
Kevin Seiler
Jim Sellers
Tim Sexton
Mei-Ling Shaw
Megan Shill



How do you feel about the construction around Ames High?

Worse, cause they want to make us students mad and make us late to class because they don't like us.

–freshman Aaron Hagan

I think it's for the betterment of the chickens.

–freshman Mei-Ling Shaw

I think it's for the better. It gives the school a chance to grow and be more up to date.

–sophomore Brad Sydnes

In the long run it's probably fo
better...it's expanding the sc
because it's too small.

–junior Jeremiah Redmond

I think right now it's for
worse...it's too congested. T
are too many people in the ha

–junior Kate Dobberke

I think it's not for the better bec
within 10 years, they're gonna
to build a bigger school anyw

–senior Dan Nutter



Todd Shirk
Sara Shonrock
Christy Sippel
Evan Sivesind
Robbie Smalling
Angie Smith
Breeze Smith
Lloyd Smith

Shannon Smith
Jaclyn Sprong
Joshua Stairs
Katie Staudt
Angie Steele
Derek Steelman
Leah Seinhoff
Emily Stolmeier

Adam Summers
Deanna Swyter
Brian Taylor
James Taylor
David Teas
Derek Terrones
Corey Tesdahl
Dawn Tesdall

Jamie Theilen
Zack Thevatath
Eddie Thomas
Anna Thompson
Nickie Thompson
Tiffany Thompson
Adam Todd
Stephen Townsend

Cuong Tran
Laura Triplett
Eric Upchurch
Chad Valline
Aletia Van Brocklin
Curt Van Maaren
Katie Van Roekel
Matt Vanderzyl

Jennifer Varnado
Benton Veverka
Adam Wagner
Joe Ward
Jessica Warren
Kindra Warren
Erik Weeks
Brian Wehner

Jason Weigel
Amanda Weiss
Matt Wegner
Erin Wentworth
Asa Wentzel Fisher
Brandon Whalen
Jess Wheelock
Darcy White

Erica White
Rachel White
Kari Wilkins
Arach Wilson
Mindy Wilson
Nick Wilson
Brooke Winton
Marsha Wood

Deann Wright
Jennifer Wulf
Kyle Youngberg
Ashley Younie
Brad Ziebell

Umair Abbasi
Rachel Abbot
Angela Adams
Shawn Adams
Andrew Albaugh
Brent Antisdel
Ryan Arneson
Lucas Ashburn

Eric Auge
Melanie Ausborn
Jill Baker
Anne Barnhart
Melinda Bassett
Jason Battles
Catlyn Beach
Corey Beck

Laura Beerman
Klint Belz
Barbara Bennet
Jacob Bills
Christina Bitz
Matthew Boe
Andrew Boekelman
Nicolas Bokhoven

Michelle Boster
Elizabeth Bovenmyer
Allison Brennan
Ben Brown
Donald Brown
Aubrey Bryant
Erin Bryant
Jake Bullock

D.J Burgduff
James Burrow III
Annie Butin
Brian Cameron
Patrick Camp
LindsayCarey
Chad Carr
Angela Carter

Jennifer Carter
Natalie Carver
Rachel Chacko
Micheal Chang
Wen Chia Chang
Kate Christensen
Jennifer Clark
Nathan Cook

Amy Corley
Jonathan Coy
Kathryn Craig
Adam Cramer
Kirsten Crase
Jonathan Crawford
Lisa Cronin
Emily Dahlgren

Cody Dakan
Ryan Davis
Bryon Deal
Natalie Deiter
Julie Dickson
Clare Dieter
Michael Digby
Elisa Dix

Johanna Dobbs
Brian Donaldson
Stefanie Donnell
Dana Doran
Jay Dougan
Mildred Dowling
Steffi Drewes
Kelly Dunlay



Sophomores reap the benefits of experience

Taking Care of BUSINESS

By Aubrey Robbins

"Sophomore." Students reacted differently to this word. Upperclassmen laughed and reminisced about swimming and health class. Freshmen were filled with a sense of hope, thinking that as sophomores, they wouldn't be pushed around.

Sophomore year. You already knew the layout of the school and you weren't on the bottom of the pack anymore.

It was a year that everyone went through. It was a job sometimes you felt that you were simply taking care of business. Probably the biggest downer was that you still weren't quite on top. You still had to look to the seniors and it didn't seem fair that they could do all the things they could do.

"When you're a sophomore, you're still not an upperclassman," sophomore Melanie Ausborn said. "You're above the freshmen, but it's a long way to graduation."

The only silver lining to this cloud is that you're position at Ames High is only set for 180 days.

"It seems that once you're not a freshman, everyone's the same," sophomore James Opheim said.

Sophomores spent a lot of time looking forward to their junior year. As sophomores they already know what they are looking forward to the most.

"Open Campus and leaving early!" Ausborn said.

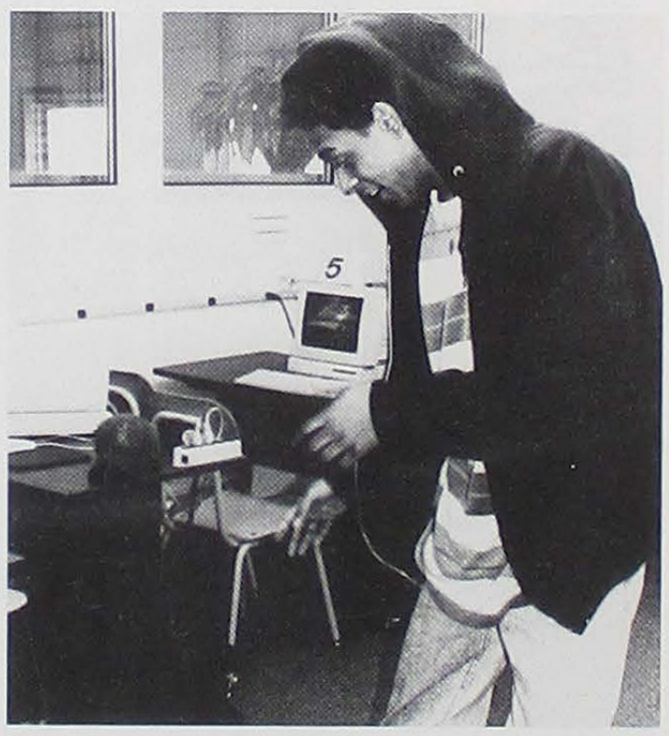
Sophomore year can be tough. There can be hassles around every corner, but it can also be a memorable year.

Sophomores, whether they're having the time of their lives, praying for the end or looking for the light at the end of the tunnel, they were here and were taking care of business.

"When you're a sophomore, you're still not an upperclassman. You're above the freshmen, but it's a long way to graduation." - Sophomore Melanie Ausborn



Every good student should, sophomore April Wright uses her spare time to study in the hall. Usually, studying during school was done in a study hall because only upperclassmen had free periods. (Photo by Alicia Ackerman)

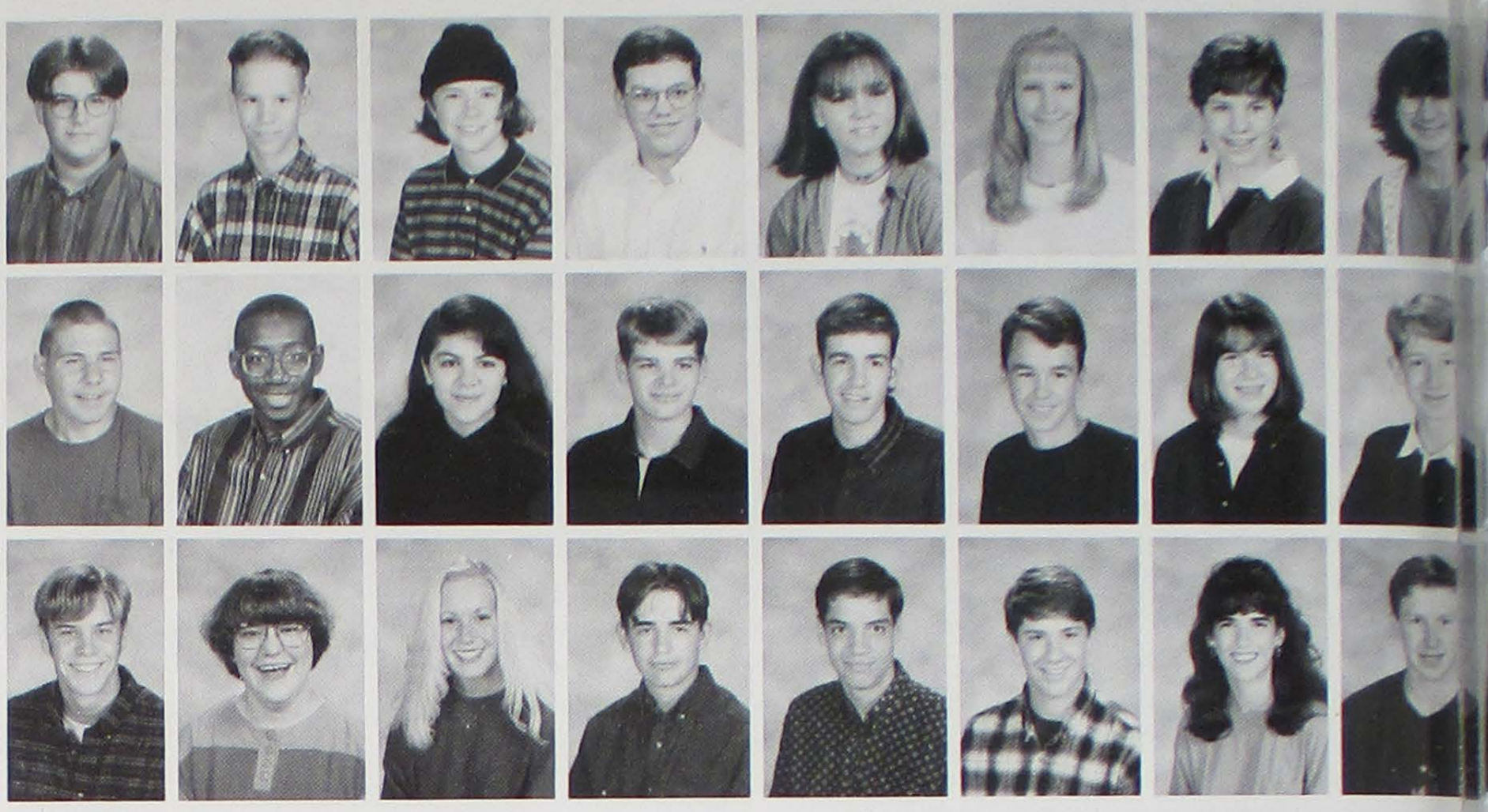


Having fun in school is essential for many sophomores. During a bit of free time, sophomore Matt Wee shows junior Elaine Serfass, what his amazing feet can do. (Photo by Alicia Ackerman)

Phil Duple
Justin Eckard
Dan Ehresman
Luke Elbert
A.J. Elfgen
Krista Elliott
Robin Elwick
Marisa Endreland

William Evenski
Olufolahun Fadeyi
Jalila Faisal
Brian Fliehler
Dan Folkmann
Jeff Folkmann
Beth Foote
Jason Foster

Tyler Fraser
Mandy Frye
Michelle Gano
Steve Gartz
David Geiger
Daniel Genalo
Melissa Genovese
Dan Gilloon



What are your most compulsive habits?

"I always doodle on my assignments."

—freshman Jedidiah G. DeHoet

"I can't sit still when I'm nervous. Especially on days of a cross country race."

—freshman Trisha Dau

"When I brush my teeth, I hold the brush still and move my head."

—sophomore Michael Morain

"I never start my homework until after ten o'clock, so I don't get very much sleep during the school year."

—sophomore Naomi Lohr

"I hang my arm out the car window. I know it's going to get knocked off one of these days."

—sophomore Frank Trumpy

"My most compulsive habit is waking up in the middle of the night and hunting squirrels in my underwear."

—junior Jon Reed

"I worry too much about eve- thing!"

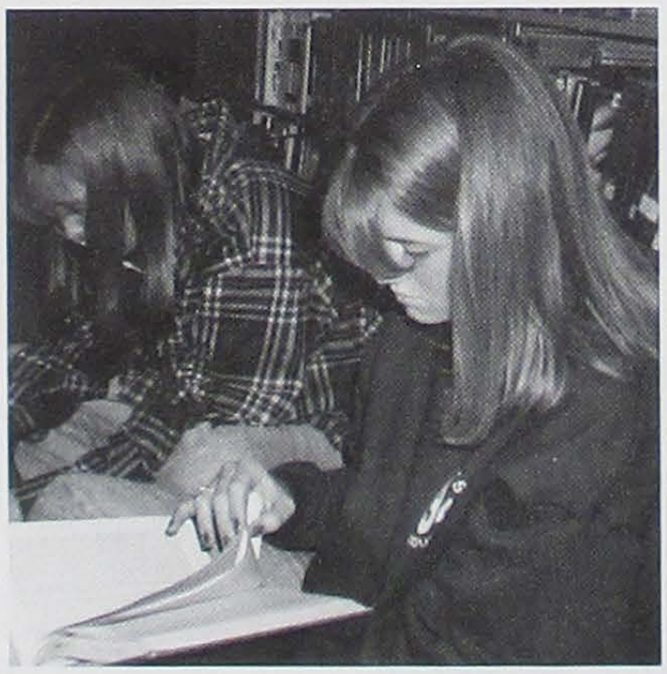
—junior Emily McMullen

"I always crack my back in e middle of class and everyo around me usually thinks it's d gusting."

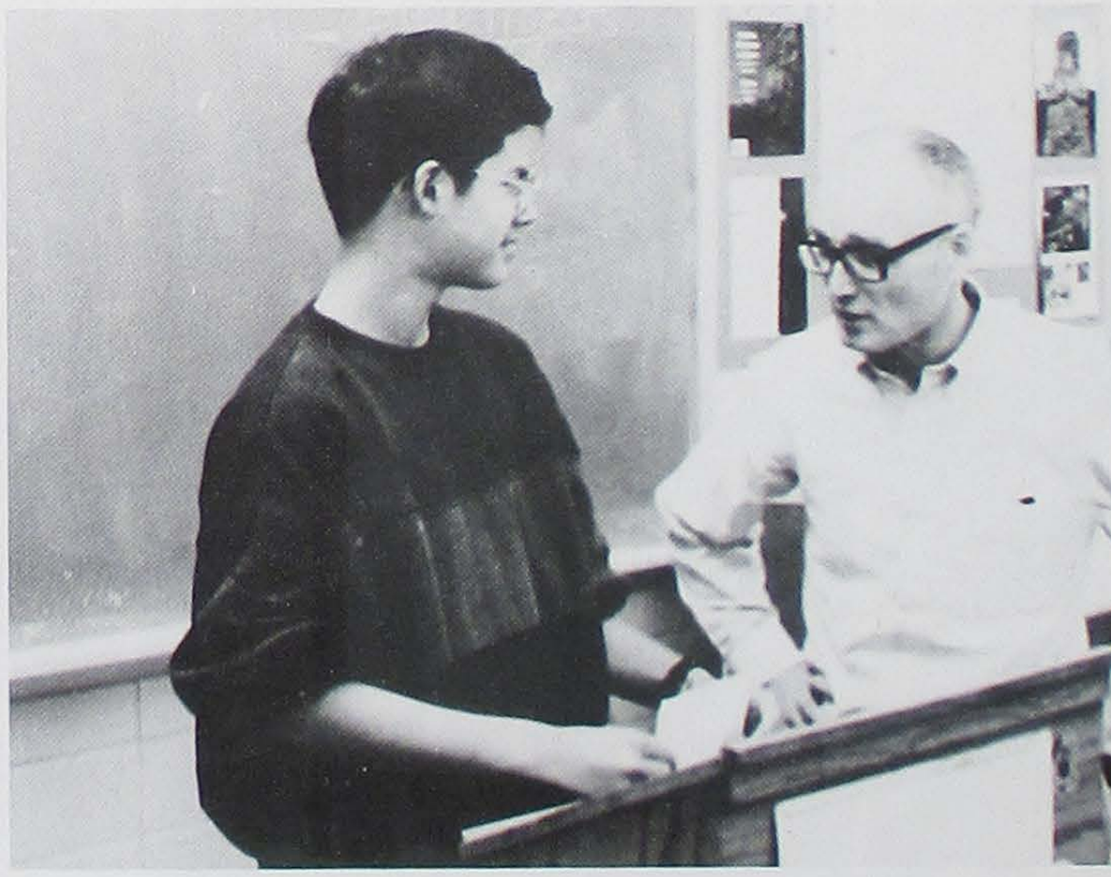
—senior Laura Bendig

"I delay responsibility a unconstructively alleviate bo- dom."

—senior Nicholas Schafer



During history class sophomores Melissa Lehmkuhl and Jennifer Sargent look through books in the media center. Both girls were searching for a topic for an upcoming report. (Photo by Ariane Steffan)



Sophomore Andrew Yee receives help from Debate Coach Mr. Scott. e state debate meet was a few days away and Scott was helping stud s work out the rough spots with their arguments. (Photo by Jason Rea

Jean Gladon
Sean Gleeson
Shannon Goldman
Brian Good
David Goodfriend
Christine Goodrich
April Goodwin
Ryan Greenlaw

David Hall
Ezra Hallam
Drew Hamilton
Bryan Hansen
Hosanna Hanson
Jacob Hanson
Emily Harris
Anthony Hartman

Emily Hausner
Emily Hawkins
Ryan Haynes
Nate Heaberlin
Christy Heggen
Eileen Heideman
Jaimie Hemann
Paul Henry

Heather Herold
Alan Hertz
Nicholas Hetzel
Stacy Hickcox
Heidi Hickman
Max Highland
Amber Hill
John Hinrichsen

Troy Hofmockel
Patrick Holder
Eddie Hoover
Natarsha Horton
Jillian Hovatter
Faith Howard
Travis Huiatt
Meghann Hunt

Rebecca Hunter
Eleanor Jensen
David Jeong
David Joens
Kayla John
Dan Johnsen
Amy Johnson
Erin Johnson

Adam Jonas
Nate Jones
Mike Kadolph
Keith Kelley
Ryan Kelly
David Kinley
Melissa Kinyon
Sensak Kiojai

Ellen Kitchell
Toby Knapp
Uri Kogan
Priya Kothari
Elisabeth Kracher
Cheryl Kruger
Aaron Kumbier
Vanessa Kuo

Eric Lambi
Adam Larson
Melissa Leek
Melissa Lehmkuhl
Jenny Lescaleet
Bess Lewis
Erin Life
Lindsey Litchfield

Naomi Lohr
Jeff Lubow
Maryann Lynch
Matt Maixner
Wes Manterfield
Sara March
Maria Marin
Hector Marin Hurtado

Gavin Martin
Jessica Martin
Chris Marty
Melissa Maxwell
Andy Maysent
Derrick McClain
Kristi McConnell
Shawn McCormick

Emily McElroy
Bryan McGeeney
Jason McNertney
Melanie Mickelson
Cassandra Miller
Eric Miller
Symantha Mills
Jon Minion

Emily Mize
Jon Moore
Michael Morain
Chad Mortensen
Irina Mosesova
Erin Naeve
Matthew Nelsen
Josh Nelson

Karina Nelson
Huu Nguyen
Travis Nichols
Benjamin Noland
Mark Nutter
Kenneth Okiishi
Julie Ollila
Karen Olson

James Opheim
Beth Orning
Mark Osam
John Oshel
Rennesa Osterberg
Todd Palo
Brett Pantenburg
Jeremy Parks

Megan Parrish
Nishant Parulekar
Nicole Paulson
Brad Payne
Lindsai Peters
Debra Peterson
Jenny Peterson
Jennifer Peyser

Rachel Pleasants
Melissa Poague
Jessica Pohlman
Kristi Powell
Joshua Prins
Nicolas Propes
Carrie Pyle
Ronda Qvale

Ryan Rathert
Jason Rearick
Zack Rhoades
Cassie Rice
Colin Richardson
Nicole Richardson
Erica Riedesel
Allison Rippke



Sophomores endure many experiences in the quest to receive their license to drive

Conquering the ROADS

By Shannon Kenealy

A plasitc I.D. A set of keys. A ke with sixteen candles. All sig- y the celebration of the big "16." this age, students gain the privi- ge of conquering the roads. But OP. It's not that easy. Driving eparation begins for many stu- nts during their sophomore year. ey must take a semester of class, nulation, and nerve-wracking be- nd-the-wheel driving lessons.

Driver's education can lead to e of the best experiences in a ophomore's year–getting a license freedom and convenience.

"Getting a license makes life sier," sophomore Chris Tuttle d. "You can drive yourself to hool and practice and not have worry about getting a ride."

Some students saw drvier's ed an entertaining activity, while ir teachers found it frightening.

"When we drove without an in- ictor on the test field, my part- r and I rolled up the windows and nked up the radio," sophomore Alan Hertz said. "He finally flagged us down, but it was fun for a while."

During the driving test, the instructors were not allowed to give students advice. This caused for many funny and scary situations.

"When we took the driving final, my partner forgot to take off the emergency brake," senior Claire Roth said. "There was so much smoke, a guy on Hayes stopped us to tell us that our car was on fire."

Driver's ed proved to be one of the most unnerving experiences for some students.

"I was so nervous, I ran a stop sign with a big tree growing in front of it during my driver's test. I was sure the instructor would fail me, but I got my certificate anyway," junior Noelle Padgitt said.

Despite the hard work, embarassing, and scary experiences, driver's ed was worthwhile to students. The sacrifice proved to be rewarding--gaining the freedom to conquer the roads.

"Getting a license makes life easier. You can drive yourself to school and practice and not have to worry about getting a ride."

--Sophomore Chris Tuttle



Sophomore Anne Barnhardt gets ready for h behind-the-wheel driving lesson after sool. Students had the option of taking d er's ed outside of school hours due to sedule conflicts. (Photo by Ariane Sfan)

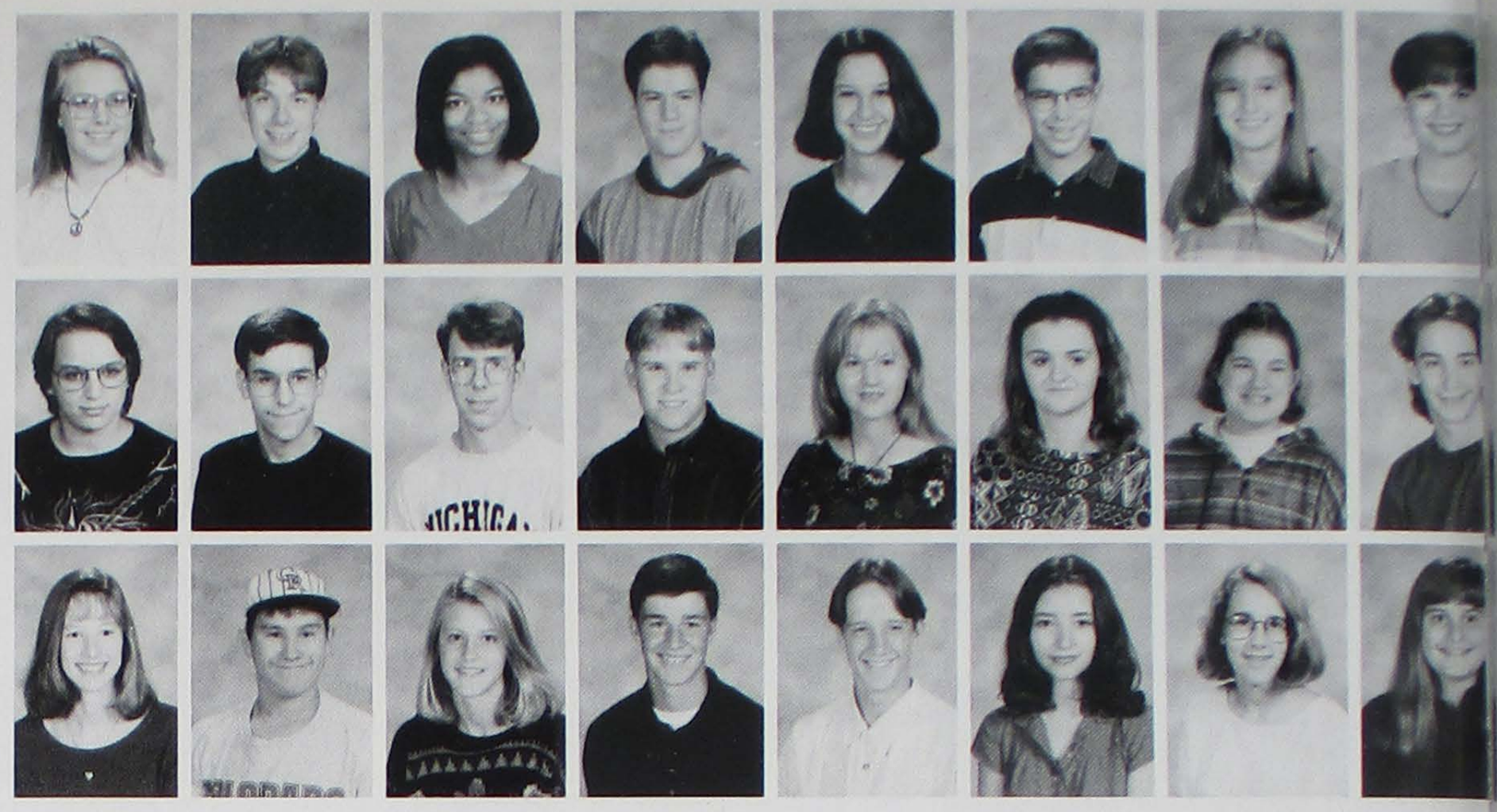


Freshman Erica White takes notes in class over a driver's education lecture. Students were required to complete a semester of classroom instruction and a behind-the-wheel driving final in order to pass the class. (Photo by Ariane Steffan)

Heather Risse
Eric Roark
Adina Rollins
Ryan Ross
Leah Rudolphi
John Russell
Jennifer Sargent
Tess Schilling

Leah Schmalzried
Nick Schmerr
Marc Scholten
Aaron Schropp
Stephanie Schubert
Jennifer Schutt
Bridgette Scott
Evan Scott

Mindy Seals
Dan Searcy
Nicole Shaull
Matthew Shimkus
Travis Shore
Kristen Shrader
Carrie Shuck
Carrie Shupp



Have you ever wished that you were the opposite sex? Why or why not?

"No,I would never lower myself that much."
-Senior Liza Kelly

"Yes, because they are strong."
-Freshman Jody Logston

"Yes, because I want to know how they feel."
-Sophmore Melissa Lehmkuhl

"No, because I'm a man and I accept what I am."
-Junior Moses Lueth

"Yes, because guys can just practically strip whenever they want and it's not indecent exposure."
-Junior Kathy Loveland

"Yes, so I can wear whatever I wa
-Sophmore Matt

"No, boys are insensitive, rude, a
stupid."
-Senior Jessica Ackerm

"No, because I don't want to
stuck with all of those femin
problems."
-Freshman Jon Sedgw

"Yes, then I would finally be se
tive to someone else's needs."
-Senior David Go

"Yes, I'd like to be a girl to
smarter and more beautiful
cause girls are great."
-Junior Nathan Te



Sophmores Nick Propes, Angie Carter, Cheryl Kruger, and freshman Bree Newton packing up after lunch in the courtyard. (Photo by Kristi McConnell)



Like many underclassemen, sophmore Natarsha Horton and her friends enjoy their lunch outside in th
courtyard on a sunny day. (Photo by Ariane Steffan)



Paul Sibbel
Sara Siebert
Joe Simons
Eileen Sippel
Joe Skluzacek
Joel Skrdla
Jacob Sloan
Dan Slutzki

Arnie Soden
Alyssa Speck
Joe Stansbery
Sam Stanton
Brian Starrett
Ariane Steffan
Megan Stephenson
Valerie Stevens

Jenni Stevenson
Scott Stevermer
Amy Swank
Bradley Sydnes
Parisa Taravati
Kenny Tasco
John Taylor
Carrie Tett

Nicki Thiede
Chris Thompson
Michelle Thompson
Nicole Thompson
Cindy Thongsouk
Jon Titus
Chris Tomlinson
Julie Tosten

Nga Tran
Franklin Trumpy
Mike Turner
Chris Tuttle
Angie Umbaugh
Lori Van Hoff
Amy Van Slyke
Andrew Vardeman

Carrie Wagner
Taz Wagner
Jill Watson
Josh Watts
Jacob Wedemeyer
Matt Wee
Erica Wehner
Beth Weitzel

Elizabeth Westgate
Dustin Wetzel
Matthew White
Stephanie Wiegand
Greg Willard
Heather Williams
A.J. Wilson
Jack Wilson

Jocelyn Wilson
Stacie Wilson
Stephanie Wilson
Cory Wipf
Dave Wise
Elton Wong
Austin Woodin
Jace Woodley

April Wright
Stephanie Wycoff
Andrew Yee
Nicole Young
Kara Zeimet
Susan Ziegler
Dan Zimmerman

James Abbey
Nicole Achter
Alicia Ackerman
Wells Geno
Dan Alexander
Chris Allen
Jerimy Almestica
Marlana Anderegg

Kevin Anderson
Laurie Anderson
Chris Anthony
Dustin Avey
Robert Backoff
Mark Bailey
Jared Baker
Chris Bartine

Jimmy Bates
Adam Baumeister
Matt Bealieu
Kara Belz
Jeremy Bents
Jeffrey Besser
Laura Biechler
Marnie Bigelow

Rose Bills
Nathan Bilyeu
Rebecca Birch
Andrey Bittner
Chris Blazek
Suzanne Block
Adam Born
Jereme Bouillon

Stephanie Brennan
Sarah Brown
Palanda Brownlow
Katie Bryant
Karri Burgher
Khara Burlingame
Scott Buxton
Steve Cable

Brain Caldwell
Janice Carney
Clint Casteel
Tracy Catron
Steven Chang
Sara Chaplin
Nels Chapman
Carrie Christianson

Ted Chu
Cassie Clyde
Paul Cockayne
Sevond Cole
Abigail Cook
David Cook
Rico Crawford
Shawn Crowley

Karena Cruse
Sara Cummings
Matt Curran
Chad Curtis
Brian Dane
Carolyn David
Tuhina Dayal
Jesse Deardorff

Andrea Deming
Justin DenAdel
Mark DePristo
Nik Dethmann
Chris Devens
Kate Dobberke
Emily Dobbs
Jessica Dobbs



Long hours of studying and few hours of sleep instilled determination in the junior class

Stress in EXCESS

By Daniel Gardner

Hello junior year . . . good-bye ocial life. Many students felt jun- r year was undoubtedly the hard- st year at Ames High School. Al- ough they had reached d the pin- acle of being upper classmen, raduation never seemed further way. The tremendous load of omework was more than many niors could have imagined.

"I know it's going to be really ard and that it's the most impor- nt year of high school because olleges focus on our academics is year," junior Karyn Jetter said.

Though it seemed it would be a ard year, there were also some enefits to it.

"This is the year guys emerge g on the dating scene," junior aul Leuth said. "I know it will be ugh, but we (guys) really get to eet the women this year."

ating wasn't the only aspect of nior year that came to be appreciated.

"I've heard that summer vacation never feels better than after this year, junior John Reed said. "And I can already see now, that what I heard is definitely true."

Regardless of the small benefits, there were two classes that everyone has been warned to look out for: Mr. Windsor's Physics and Mrs. Campbell's Honors American Literature. These two classes have racked the bright minds of juniors year after year.

"You've got to be really crazy to take 'hard' physics or else you just want a bad GPA. It's harder than everyone tells you," junior Lynn Summers said.

No matter what classes the students chose to take, they all learned the lessons of academic survival. All of them knew there was just one year left, and that was the shining hope that kept them going!

"I've heard that summer vacation never feels better than after this year, and I can already see now that what I heard is definitely true."–junior John Reed



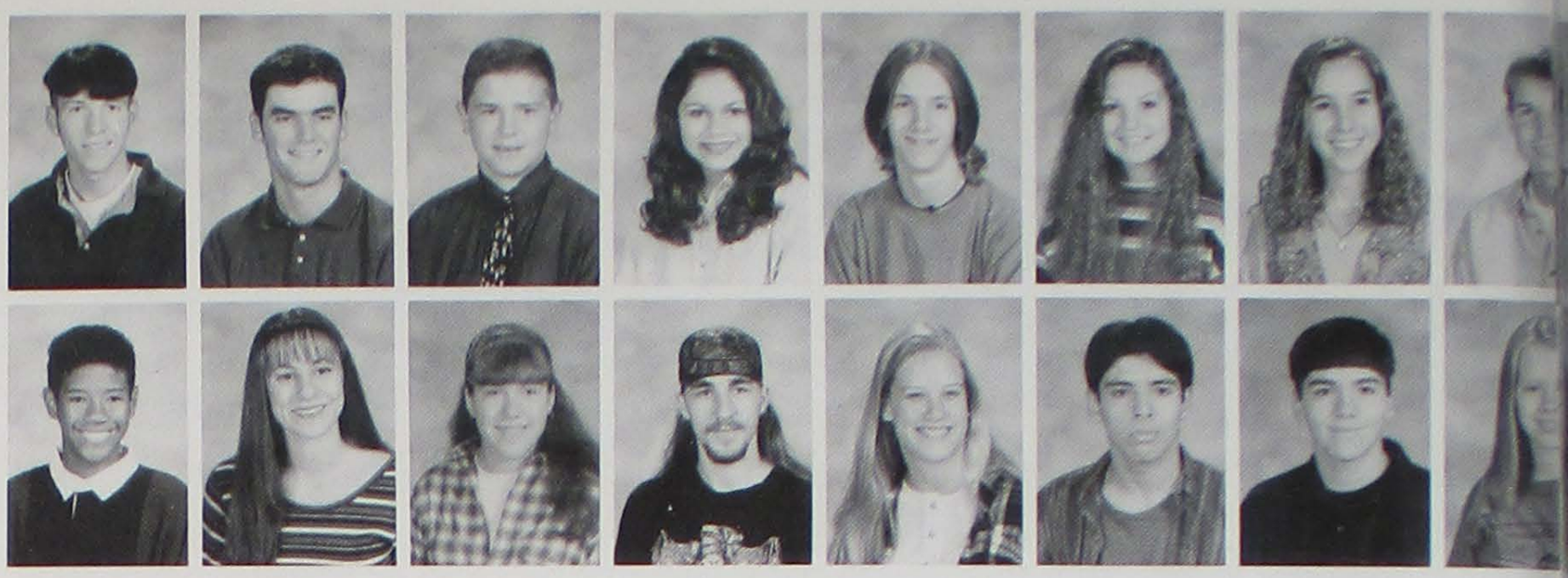
oks all around, but not a one is open. king time to get out of under the okload of junior year, juniors Dion rmon, Dan Johnson, and Sara Hogue d to take a break from their advanced ss load to just relax for awhile. (Photo Alicia Ackerman).



"I didn't think you could actually fail the PSAT," is all shown in the stressed-out expression of junior Sara Skahill. Many juniors discovered that the trials and tribulations of junior year cause more stress than they could have ever imagined. (Photo by Alicia Ackerman).

Joe Donaldson
Cale Doyle
Joel Dunmire
Laura Dunwell
Adam Dutton
Lindsey Eischen
J.C. Elbert
Jairus Ely

Joe Emiola
Brooke Engeman
Robyn Epstein
Kurt Estes
Laura Evans
Andre Fagundes
Marcelo Fagundes
Melissa Fatland



Have you ever defied your parents?

"I drove my parent's car to Des Moines when I was 14 years old. I left at 5 p.m. and stayed out until 12:30 and they still don't know I did it."

– freshman Jason Carney

"My brother, Ryan, and I were visiting our grandparents and we went out and threw rocks at this new house that was for sale. We broke over $500 worth of windows. We got caught but our cousins said they did it so we didn't get in any trouble."

– freshman Dawn Tesdall

"Last year, I was grounded from Homecoming. I don't ever remember what I did! But I still went to the dance anyway. I got all dressed up and told my mom I was going outside to play street tag and she believed me. I came home at 11:30 and she didn't find out until I told her what I'd done."

–sophomore Micki Boster

"I took my parents car and went out to see my girlfriend. We stayed out until 3 a.m. They found out, but they didn't say much."

– sophomore Jay Dougan

"One time I said that I was going to stay at a friend's house because she was having a party; but instead, I went to a college party next door to my house. I left there at 3 a.m. and some girl from the party (I didn't know who she was) took me home and introduced herself to my mom as my friend. I never got caught 'cause I'm SLICK!"

–junior Karyn Jetter

"Last summer, my friend and I bought a bowling ball at a garage sale for a quarter. We went at near his house and climbed p this grain elevator by the catwk. When we were all the way at e top, we dropped the bowling off, just to see what happene

–junior Joe Emiola

"I'm the All-American Boy I don't defy my parents. I lo e them!"

– senior Rich Hall

"One time my mom went at of town and left me home alo , so I had a little, tiny, small, i - bitty, get-together. Just a f w hundred of my closest frien . Everyone got so BAD that I h d to let three guys sleep in my b , because they couldn't go ho e in their condition."

– senior Lisa Biggs



Junior Sam Grotewold celebrates Halloween with a unique balloon hat. Students who dressed in costume enjoyed the reactions they received from friends. (Photo by A. Ackerman)



Junior Maggie McGrigg watches as junior Porschia Smith attempts to control her puppy. Students sometimes made use of the parking lot as a means of exercising their pets. (Photo by A. Ackerman)

Dan Fincham
Jeff Fisher
Ana Flores
Ben Fowles
Heather Franck
Kyle Frizzell
Danielle Fultz
Angela Gabrielson

Andre Gama
Akash Giri
Lisa Glaesemann
Lisa Glantz
Ben Godar
Melissia Goehring
Kelly Good
Jamey Grady

Dustin Graham
Boone Grant
Abby Grebasch
Jenny Greenfield
Zach Greenwood
Nicole Greve
Sasha Grimm
Sam Grotewold

Ashley Grundmann
Gretchen Guffy
Sarah Hagge
Hiland Hall
Jennifer Hallihan
Alan Hardy
Brooke Harker
Dion Harmon

Andy Hatfield
Elizabeth Hathaway
Kristina Hawbaker
Andrea Hawkins
Matthew Healy
Tony Hefflefinger
Tanner Hensley
Jacob Hiett

Jason Hobmeier
Gregory Hoenig
Chris Hoffmann
Blaine Hofmockel
Katherine Holger
Jaime Horst
Meridith Horton
James Hougham

Laura Howard
Andrea Hugdahl
Lori Hunger
Michelle Hunziker
Nate Hutchison
Sue Hyun
Allyssa Immel
Patrick Inglett

Emily Jahr
Karyn Jetter
Richard Johansen
Chris Johnsen
Bryce Johnson
David Johnson
Daniel Johnston
Zach Kellen

Jessica Keller
Deanna Kepley
Chip Kihl
Mike Kiner
Michelle Klatt
Heather Kliebenstein
Kristy Knapp
Paige Knutsen

Jeff Koch
Robert Krogmeier
Adam Kruger
Laura Krumm
Heidi Kubera
Jason Kugler
Billy Jo Lay
Xue Li

Roland lietz
Joel Lingelbach
Tony Lombardo
Shannon Lott
Kathy Loveland
Moses Lueth
Susan Lustgraaf
Annelise Lutz

Beccy Madsen
Elitza Markova
Kathy Marvick
Liz Matney
Katy McDowell
Bill McDuffee
Eddie McElvain
Margaret McGrigg

Nathan McKern
Emily McMullen
Chris Melvin
Chris Meyer
Keyea Meyer
Naila Meyers
Katie Milavec
Brandon Miller

Brett Miller
Lauren Miller
Symantha Miller
Leah Mills
Steve Mills
Jason Minion
Ujjaini Mitra
Ben Moehlmann

Sommer Mohs
Dustin Morrison
Rich Morrison
Julia Muljadi
Jill Muller
Ted Murdock
Emily Myers
Brian Myers

Joshua Nelson
Robert Nelton
Justin Nemitz
Abdul Nuhu
Megan O'Neal
Meghan O'Neill
Amy Olson
Lisa Ottoson

Noelle Padgitt
Gabe Padilla
Glen Pak
Ellie Palmas
Sonia Panigrahy
Rob Patterson
Jill Pattinson
Matt Paulson

Austin Payne
Emily Peck
Bill Pendry
Christine Peterson
Matt Peterson
Melissa Peterson
Kerry Phillips
Tory Phompheng



Student assistants were the administrations right hands in keeping things running smoothly.

Behind the SCENES

By Melissa Harris

While most students sat in study all or in the media center twidling eir thumbs, thirteen decided to e their free time being student as-stants. Whether it was working in e science department, the home conomics department, student rvices, or the main office, they all d specific responsibilities to carry it.

"I answer the switchboard in the ain office, run errands, and basi-lly do whatever the secretaries ed me to do," junior Abby ebasch said. "My job has taught e responsibility and also people ills."

In order to be an assistant, stu-nts filled out applications just like ey would for any other job. Moti-tion to apply came in different ms. Whether it was from admin-rator, an announcement in meroom, or a family member mehow students somehow de-led to be assistants.

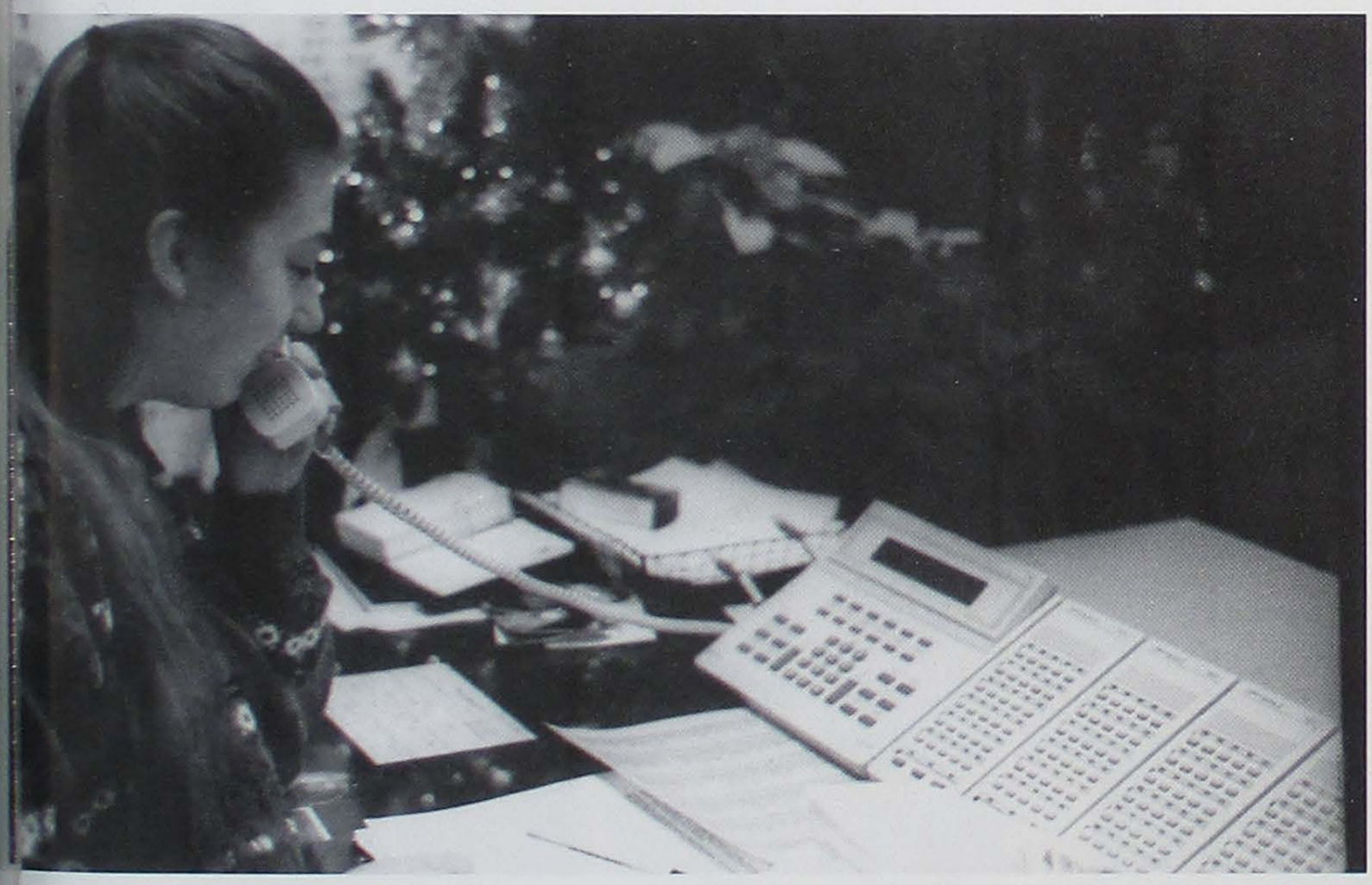
"My sister had worked in the greenhouse and no longer had time to, so she asked Ms. Buck if I could take over for her," senior Jenny Smith said. "I'm glad I decided to go for it because I get to see a side of the science teachers that not many students get to see."

All assistant jobs required some skills, but the "Little Chemists" jobs demanded many different skills from them. Not only did they have to exhibit responsibility, they also had to have precise labortory skills.

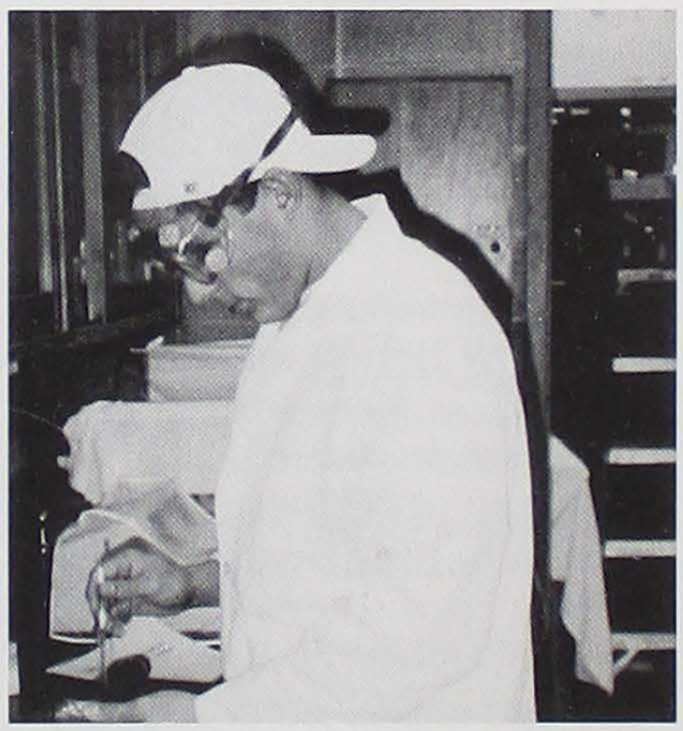
"I work about three to four times a week and a lot of times mix chemicals for the classes to use for labs," senior Ethan Olberding said. "Other times I fire polish or make rubber policemen (those rubber things at the end of stirring rods)."

Student assistants found a way to get both extra money and job experience without taking away from the rest of their busy schedules.

> "I answer the switchboard in the main office, run errands, and basically do whatever the secretaries need me to do." – junior Abby Grebasch



nior Abby Grebasch answers one of many one calls. She spent her free periods rking in the main office. (Photo by Ali- Ackerman)

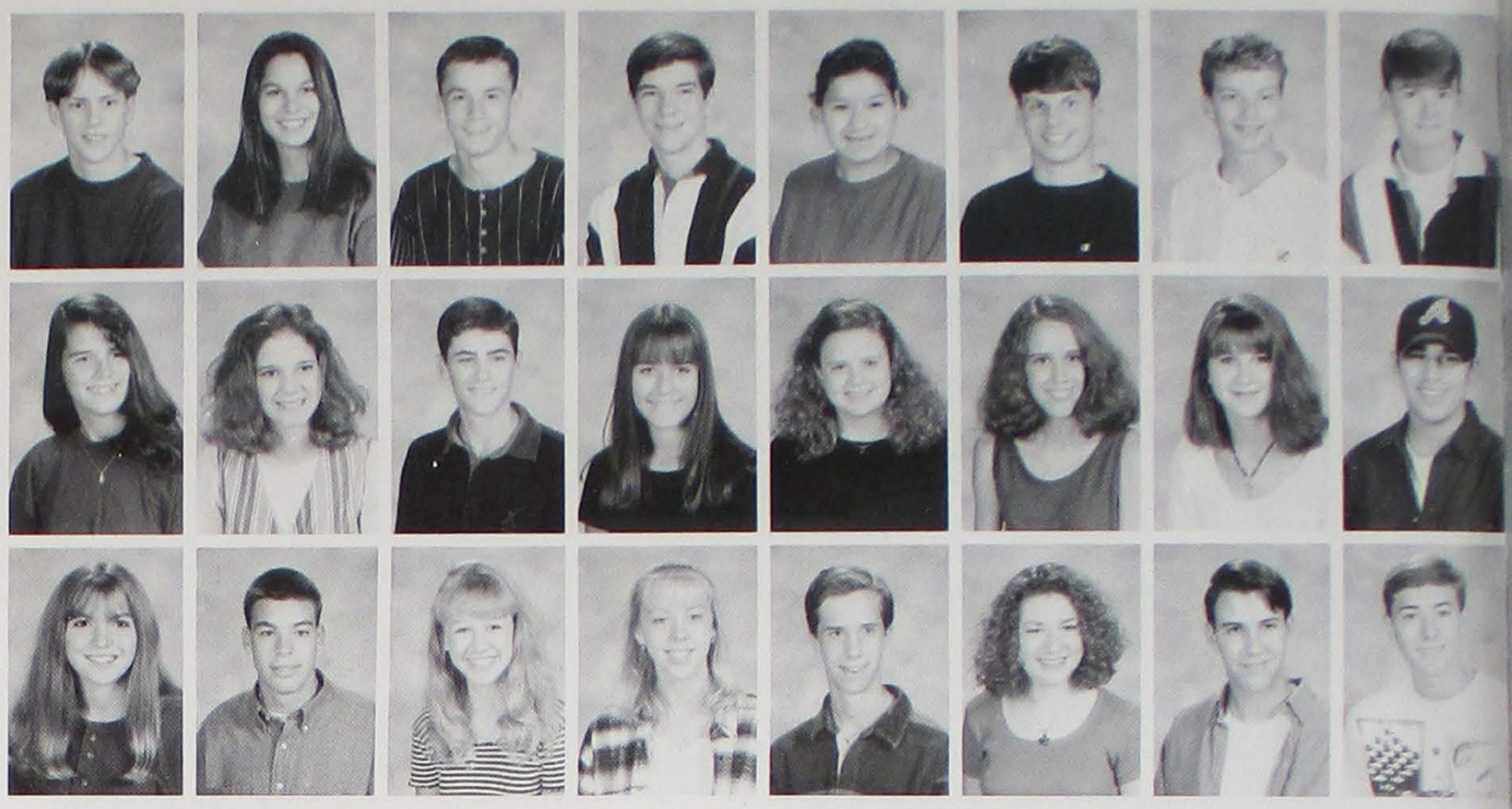


Senior Ethan Olberding mixes up a solution for the next Chemistry lab. Lab materials were often set up by the Little Chemists. (Photo by Tanisha Cosby)

Michael Popelka
Trisha Popelka
Matthew Pyle
Joshua Raines
Evelyn Ramirez
Michael Recker
Jeremiah Redmond
Jonathan Reed

Jennifer Rehbein
Amber Remsburg
Ryan Ridnour
Carisa Ripley
Charity Roberts
Michelle Roberts
Amy Rohden
Evan Rosenberg

Melissa Roth
Jacob Rudolphi
Erika Saari
Melissa Sampson
Blair Schilling
Robin Schinnow
Martin Schmerr
Benjamin Schmitt



What quali-ties would you look for in an "ideal" date?

"Nice. Hot. Fun. Talkative. And of course he has to have a really great body, but personality is what counts."

•senior Jessica Ackerman

"Beauty, a good conversationalist, and a good sense of humor--no height above 5'6"! Fun and adventurous with a sense of romance."

•senior Jack Liao

"He doesn't have to be necesarily good-looking, but he has to have pretty eyes. But he can't be conceited."

•junior Heather Frank

"He has to be good-looking, n and have a great personality."

•sophomore Kristina Bitz

"He has to be sweet and hon Also it'd be great if he was dark, and handsome."

•freshman Mandy Neumann

"Nice. Trustworthy. Sense of mor."

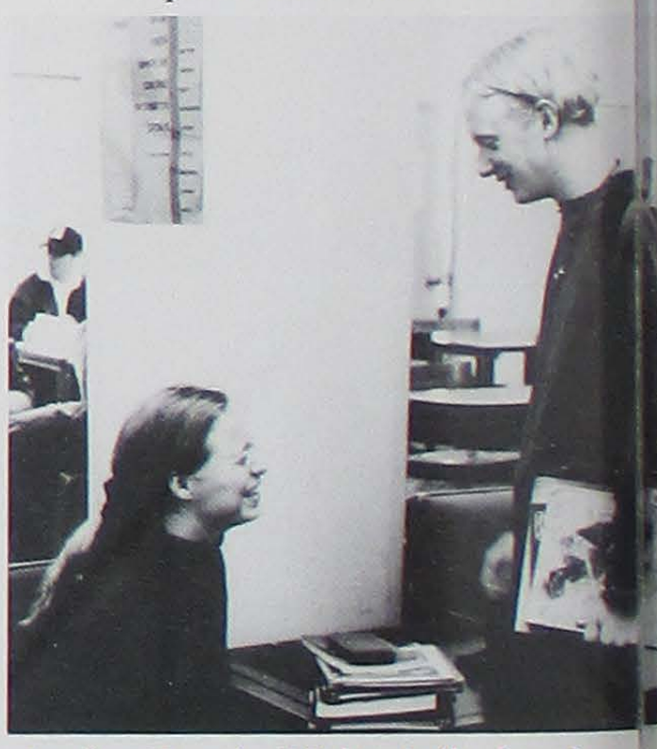
•freshman Joe Anderson

"Someone who is fun to be w and that I get along with. It a helps of they're good-looking!"

•sophomore Chris Tuttle



While in art class, junior Darcy Horton and senior Meredith Richardson have a little chat while taking a break in Mrs. Gugel's office. Many students took advantage of the art classes offered. (Photo by Alicia Ackerman)



Junior Travis White tells foreign change student Carolin Shulz h much homework she will have do before returning to Germa (Photo by Alicia Ackerman)



Nathan Schrad
Carolin Schulz
Elaine Serfass
Loren Serfass
Abbe Shapiro
Michael Shaw
Sabrina Shields
Adrienne Shrader

Adam Shriver
Sarah Sienknecht
Phoebe Silag
Emily Silet
Sara Skahill
Audra Slocum
Matthew Smelser
Amalia Smith

Amy Smith
Kimmy Smith
Porshia Smith
Shala Smith
Matthew Smothers
Jason Sorenson
Victor Soukoulis
Chad Spencer

Philip Spike
Benjamin Stahly
Margaret Staudt
Megan Stegge
Paul Stewart
Sara Stolmeier
Christopher Strasburg
Anthony Streigle

Lynn Summers
James Sundquist
Nathan Terry
Ryan Tesdall
Brooke Thomas
Elizabeth Thompson
Jeremy Thompson
Scott Thompson

Denna Todd
Stefanie Toftey
Mandy Tolle
Nicole Torres
Matthew Uemura
Megan Upchurch
Shannon Valline
Blane Van Blair

Kris Van Kerckvoorde
Geoffrey Van Zee
Nathan Vander Schaaf
Jon Vandewater
James Veverka
Ngoc Vu
Heather Waterman
Jason Webb

Payeur Wesley
Melanie Westerberg
S. Douglas Westvold
Jennifer Whalen
Travis White
Aaron Whiteford
Joseph Whitehead
Abigail Whitt

Thulitha Wickrama
Virginia Wilson
Graig Wipf
Emily Woline
Qian Xi

Power of Spirit

We Are Unified.
From being in the stands to hitting the books, we were all in it together. As senior year drew on, we drew closer together, realizing this would be our last year together. Seniors stuck togeher and made each other stronger, both in school and out!



Swaying to "Lean on Me", a group of seniors forms a circle arm over arm at a late Valentine's early St. Patrick's Day party. (Photo by Emily Bourne)

We Are Involved.
Athletics, clubs, church activities, community life--everywhere you looked you'd find us! This year the class of '95 helped paint "Welcome to Cyclone Country" on the gym walls, as well as cyclones on the sidewalks. Senior Senate spent time making a special senior video so our memories would be recorded forever!



At the homecoming assembly, seniors Matthew Robinson, Buffy Qunitero, and Kristy Jones stand and cheer in support of activities recognition. (Photo by Robyn Berning)

We Are Spirited.
We will rock you! We rocked the AHS stadium for homecoming with painted faces, stomachs, and cars! Whether it be with cutouts of Dunlay or Miller, or pumpkins on our heads, we cheered on our teams with enthusiasm, victory after victory!



A group of seniors displays "AHS Rocks" on their stomachs in the front row of the bleachers at the homecoming football game, which Ames won, 42-21. (Photo courtesy of Maria Lutz)

We Are Wild.
One thing we would always do was PARTY! we spiced up class time with treats and cultural exchanges, invited elementary schoolers over, banged down the hallways playing our musical instruments, and danced the Macarena! And with summertime around the corner, we celebrated graduation by throwing senior parties at local parks, bars, and dance clubs!



Hitting the slopes at Welch Village, Minnesota, senior Danny Nutter has a little fun trying a new ski position. Nutter went with a church group, along with many other seniors. (Photo by Emily Bourne)



Jessica Ackerman: Choir 9-12, I Ball 10-12, Play Cast/Crew 11, Senior Girls Club, Big Sis/Lil Sis 9. **Nathan Adair. William Anderegg:** I Ball 9, 10. **Julie Anderson:** Band 9-12, Choir 9-12, Orchestra 10-12, Madrigal 11, 12, Track 9-11, Swimming 10, Key Club 10, SADD 10, Big Sis/Lil Sis 9, 11. **Elizabeth K. Andre:** Senate 10, 12, Cheersquad 11, 12, Homecoming Committee 11,Court 12, Senior Girls Club, Key Club 11, 12, Ambassador 10-12, Terpsichore 12, Play Cast 10, Choir 10, Volunteers 11, 12.

Asmaa Asar. Aaron Ashley.Tessa L. Aurand: Track manager 9-12, Ambassador 12, Volunteers 9-12. **Benjamin B. Banker:** Baseball 9-12, Football 9-12, Basketball 9, I Ball 10-12, Wrestling 11, Track 10, DECA 12. **Ed Bappe:** Football 9-12, Basketball 9-12, I Ball 12.

John Baty: Choir 9-12, Madrigal 10-12, Track 9, Play Cast/Crew 11, 12, Homecoming King 12. **Devin Beerman:** Football 9-12, Baseball 9-12, Basketball 9, 10, I Ball 11, 12, Volunteers 11, 12, DECA 12. **David Begg:** VICA 12, I Ball 10, 11, Choir 9-12. **Laura L. Bendig:** 100th Green Butterfly 10, Big Sis/Lil Sis 9, Key Club 10, SADD 10, Choir 9-11, Senior Girls Club, Terpsichore 11, 12, Track 10-12. **Jennifer Bennett:** National Spanish Exam 10-12, Spanish Competition 11.

Robyn Leigh Berning: Swimming 10-12, SPIRIT Staff 11, 12, Twirler 11, 12, Band 9-12, Orchestra 11, 12, Ambassadors 11, 12, Tennis manager 10, Track 9. **Ali Best:** Tennis 9-11, Girls Swimming manager 11, Volunteers 11, Key Club 9. **Collette Best:** Cross Country 12, Play Cast 11, SPIRIT Staff 12, Boys Swimming manager 12, Choir 9-12, I Ball 9-11, Volunteers 11, 12. **Megan Biggerstaff:** Band 9-12, Terpsichore 11, 12, Orchestra 10-12, Play Cast/Crew 9-12, Big Sis/Lil Sis 9. **Lisa Biggs:** Ambassador 10-12, Big Sis/Lil Sis 9, 11, Cheersquad 9-12, Choir 11, 12, Entheos 9, Volunteers 11, 12, Terpsichore 9-12, Track 9, 10, SPIRIT 11, 12, SADD 10-12, Senior Girls Club.

Jenny Bilskie: Key Club 9, 10, Big Sis/Lil Sis 9, 11, Cheersquad 9-11, Choir 9,10, Entheos 9, SADD 9, 10, Senior Girls Club, Senate 10, 11, Terpsichore 9, 10, Track 9, 10, Volunteers 10, 11, Homecoming Committee 12. **Brett Blackwelder:** Baseball 9, 10, Basketball 9, I Ball 10-12, Football 9-12, Choir 9. **Adria Booth. Emily Veronica Bourne:** SPIRIT Staff 10-12, Madrigal/Chamber Singers 10-12, Choir 9-12, I Ball 9-12, Cross Country 9, Track 9, coed Softball 9, 10, Key Club 10-12, Play Cast/Crew 11, Environmental Committee 9, 10, Volunteers 11, 12, Senior Girls Club, Ambassadors 12, Big Sis/Lil Sis 9, 11. **Darla Jayne Bovee:** Soccer 9-12, Choir 9, 10, Homecoming Committee 11, 12, Big Sis/ Lil Sis 11.

Ryan Bowers. Chandra Jeanne Brace: Hockey Cheerleader 10, I Ball 11, 12, Choir 11, 12, Band 9-12, Volunteers 11, 12, Senior Girls Club, Key Club 9, Big Sis/Lil Sis 11, Entheos 9. **Sara Britson:** Swimming 9-12, Senior Girls Club, DECA 12, Student Sen. 9-11, Homecoming Comm 12. **Andrew D. Brock:** Basketball 9, I Ball 10, 11, Soccer 9-12, Track 9, 11. **Brad Brousard:** DECA 12, Volunteers 12.

Travis Brunner: Baseball 9-12, Basketball 9, 10, Football 9-12, I Ball 11, 12. **Diana Danielle Bryant:** Track 9, 10, Swimming 11, 12, I Ball 12, Volunteers 11, Big Sis/Lil Sis 9, Cross Country 9, 10, Softball 9-12, Homecoming Committee 11. **Helena Burgher:** Choir 10, 11, Track 9, STAND 12. **Jonathan S. Burns:** Swimming 10-12, Play Cast/Crew 9-12, One Acts director 12, Thespians 10-12, Band 9-12, I VBall 10, I Ball 9. **Vanessa Burrier:** Volunteers 11, 12, Homecoming Committe 11, (co-chair)12, Cheersquad 9, 10, Basketball 9, I VBall 9-12.

Kelly Burton: 100th Green Butterfly 11, Ambassador 11-12, I-Ball 11, I V-Ball 11, Big Sis/Lil' Sis 9, SADD 12, Key Club 10-11, Spanish Competition 11, Peer Helping 11. **Tisha Campbell. Derek Carmicheal. Rebecca Chacko:** 100th Green Butterfly 10-12, Amnesty International 9-12, Speech Club 10-12, Key Club 9-11, Swimming 10, SADD 9-10, Mock Trial 9-10, Pep Band 11-12. **Wen-Yen Chang.**

Jana Cheney. Gil Clark: Baseball 9-12, Basketball 9-12, Peer Helping 10, Volunteers 10-12. **Tammy Clark:** Hockey Cheerleading 9-10, Cheerleading 11, DECA 12, Big Sis/Lil' Sis 9. **Aprille Clark:** Scratch Pad Board 9-12 (Co-Editor 12), Playcast Crews 9-12, One-Acts Directors 12, Speech Club 9-12, Terpsichore 9-12, Choreographer 11-12, Amnesty International 10,12. **David Cockayne.**

Max Cook. Malinda A. Cooper: Cadet Teaching 12, *Spirit* Staff 10-11, *Web* Staff 10-11, Marching Band 9-12, Concert Band 9-12. **Tanisha LaRu Cosby:** *Spirit* Staff 11 (Editor 12), IMC Assistant 9-10, Big Sis/Lil' Sis 9,11, Senior Girls Club, Senate 9-12, Terpsichore 10, Choreographer 11-12, Volunteers 12, Black History Showdown 10, Choir 9-10. **Suzanne Craig:** Cheersquad 9-12, Band 9-12, Choir 9-12, Madrigal 10-12, Pep Band 10-12, Solo/Ensemble 9-12, Terpsichore 10, Mentors 11-12, Big Sis/Lil' Sis 9,11. **Priscilla P. Daniel:** Choir 9-12, Volunteers 11-12, I V-Ball 11-12, Health Occupations 12, Senate 11.

Nicholas Dau: Track 9-12, Cross Country 9-12, I-Ball 9-12, DECA 12, I V-Ball 10-12, Mentors 11-12, Volunteers 9-12. **Kelly D. Day:** Revival 12, Senior Girls Club, Concert Chorale 11-12, Big Sis/Lil' Sis 11, Large Group Contest 11-12, Entheos 9, Spanish Competition 11-12. **Robert Deal. Rachel Devine:** 100th Green Butterfly 10, Big Sis/Lil' Sis 9, Band 9-12, Homecoming Committee 11, Solo/Ensemble Contest 10-11, Senior Girls Club. **Aaron Dieter:** Speech Club 10-12, Orchestra 9-12, Track 9.

Susan Divine: 100th Green Butterfly 10-12, Amnesty International 12, Choir 10, I V-Ball 11-12, Spanish Competition 11. **Sherine El-Dars. Jennifer Erin Ellet:** Golf 10-12, Terpsichore 12, *Spirit* Staff 10-12, Cadet Teaching 12, Choir 9-11, Large Group Contest 9-10. **John Ellmaker:** Track 9-12, I-Ball 9-12, Orchestra 9-11, Cross Country 12, Solo/Ensemble Contest 11, Large Group Contest 9-10. **Misi N. Emiola:** Cheerleading 10-12, Terpsichore 9-12, Track 10-12, Human Relations Committee 9-10, MLK Committee 10-12, Choir 9-10, Senior Girls Club, Volunteers 12, *Spirit* Staff 12, SADD 10, Key Club 10.

Charli Engelhorn: Basketball 9-10, Big Sis/Lil' Sis 11, Choir 9-10, Homecoming Committee 11-12, Human Relations Committee 9-10, I-Ball 11-12, Large Group Contest 9-10, Student Council 9-12 (Treasurer 11-12), Senate VP 9. **David Evans:** Track 9-12, Cross Country 10-12, Band 9-12, I-Ball 10-12. **Peter Fanous. Brian K. Fennema:** Basketball 9-12, Football 9-10, Track 9-10. **Joe Fisher:** Swimming 9-12, Homecoming Court 12.

Niki Fisher: Track 9-12, Terpsichore 9-12, Choreographer 11-12, Cheerleading 9-12, Health Occupations 12, Choir 9-12, Senior Girls Club, SADD 9-11, Senate 11-12 (Secretary 11). **Sarah Fisher. Brandi Foley:** Trainer 11, Swimming 9-12, BBB Manager12, Senior Girls Club, Big Sis/Lil' Sis 9, 11, Senate 9, 11-12, Ambassadors 10-12, Flag Corps 9-11, Rules Committee 9-11, Choir 9-12. **Wes Forest. Nichol Fraser:** Softball 9, Senate 10-11, Basketball 9, FB Manager 9, Homecoming Committee 11-12, (Co-chair 12), DECA 12, Volunteers 11-12, I V-Ball 9-10,12.



Words of wisdom

By Misi Emiola

As the days crawled by and graduation crept closer and closer, many seniors found themselves contemplating life, liberty, and the pursuit of. . . FREEDOM! Many found their second semester to be a time of reflection, a period to look back on times of craziness.

"Don't eat yellow snow," senior Shelley Jaspering said. "It's bad for your breath."

The semester also proved to be a time for seniors to share their wisdom with the less experienced underclassmen.

"Don't do the senior thing," senior Eric Lemkuhl said. "Graduate EARLY!! The senior thing gets old after two weeks."

Some seniors chose to pass on knowledge on how they sweet talked their way out of trouble.

"Be as involved as possible," senior Jason Wray said. "That way, when you fall asleep in class, you have a valid excuse."

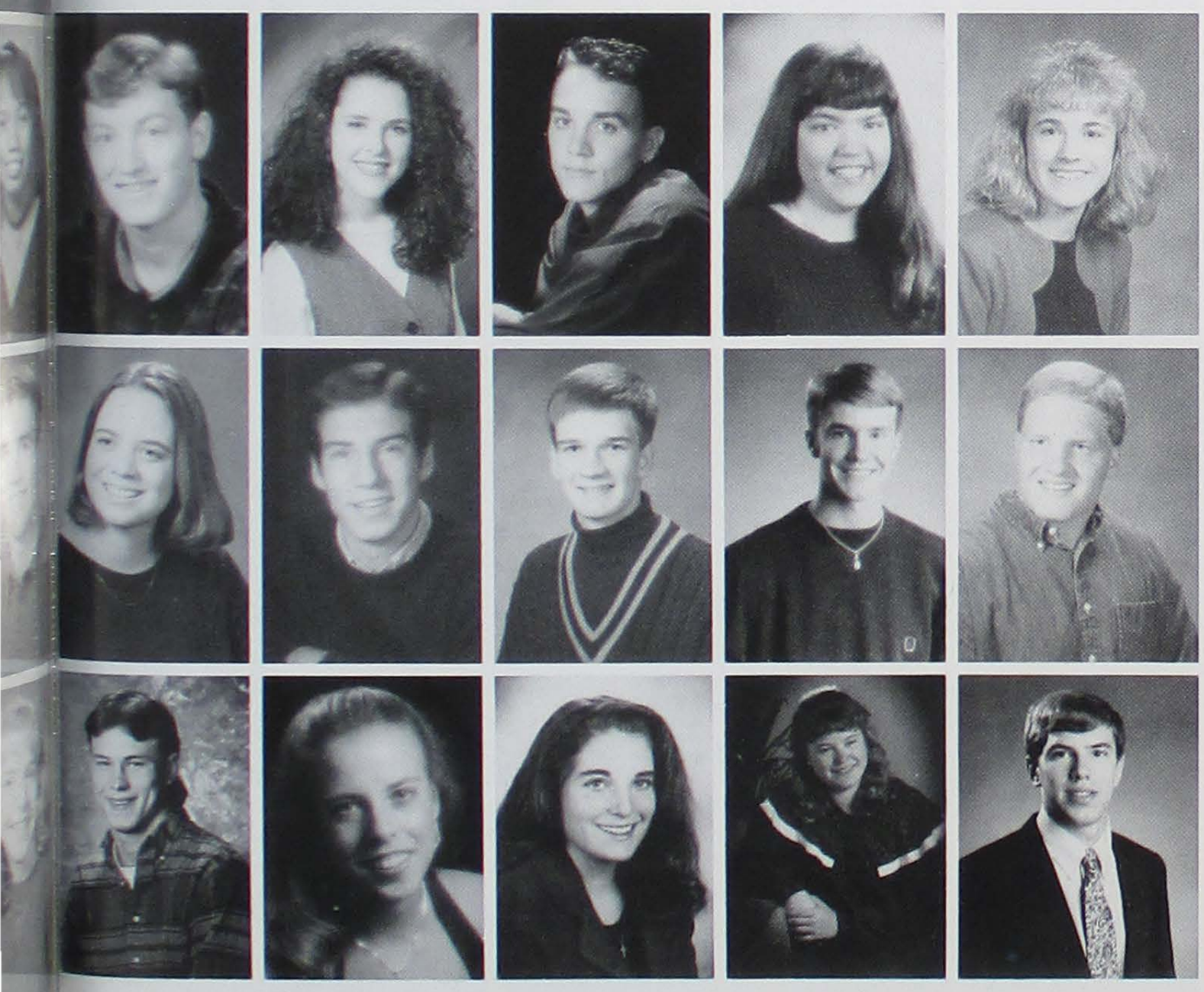
Other seniors found that keeping a low profile was the easiest way to fly through a class.

"Keep your eyes and ears open and your mouth shut," senior Joe Levine said. "Just say, 'Yes.' And if your teacher asks another question, say 'Yes' again."

From a senior girl's perspective, the year was full of many lessons to be passed on in the art of attraction and fashion.

"Wear your thickest, whitest, tube socks up to your knees," senior Carey Wagner said. "It's SO sexy. . . and the guys just LOVE it. (This isn't really going in the yearbook, is it?)"

In a year packed with fun, senioritis, and the longest 180 school days of their lives, seniors chose not to leave Ames High without passing on a few words of wisdom and warning.



Max Freeburg. Sarah Freed: Tennis 9-11, Soccer 12, Volleyball 9-11, Basketball 9, Ambassadors 11-12, *Web* Staff 12, Debate 11, Big Sis/Lil' Sis 9, I-Ball 11-12. **Daniel Jay Gardner:** Student Council 12, Rules Committee 12, Basketball 9-10, I-Ball 11-12, I V-Ball 11-12, Senate 10-12, Spanish Competition 11, *Spirit* Staff 12, Key Club 9. **Jacqueline M. Gardner:** Big Sis/Lil' Sis 9,11, Mentor 11, Entheos 9, Senior Girls Club, Student Assistant 11-12. **Cynthia Gelina:** Cheerleading 11-12, Band 9-12, Choir 9-10, Solo/Ensemble Contest 11-12, Big Sis/Lil' Sis 9, 11, Terpsichore 10.

Catherine C. Gerrard: Entheos 9, Senior Girls Club, Big Sis/Lil' Sis 9, Cadet Teaching 12. **Bruno C. Gilchrist:** Swimming 10-12, Cross Country 11-12, Track 9-12, I-Ball 9, 11-12, Environmental 10, Key Club 10, Choir 9. **Derek Ginder:** Band 9-12, Cross Country 10-12, I-Ball 9-12, Orchestra 11-12, Track 9-12, Solo/Ensemble Contest 10-12. **David Lee Good:** Tennis 9-12, Swimming 9-10, I-Ball 11-12, Choir 9-12, All-State 12, Band 9-10, Play Cast 11-12, Thespians 12, Human Relations Committee 9-10. **Brian Gould:** Football 9-12, Baseball 9-10, Wrestling 9, 12, I-Ball 11-12, Volunteers 11-12.

Brandon Graddick. Melissa Ann Green: Cheerleading 10-12, Big Sis/Lil' Sis 11, Senior Girls Club, Volunteers 12, Track 9-11. **Michelle Green:** Softball 9, Senate 11. **Jami Greenlee:** Athletic Ambassador 9-12. **Eric M. Greving:** DECA 12, Football 9-12, I-Ball 9-11, Swimming 9-12, Track 10-12.

Seniority: It goes both ways

It seems that everyone looks forward to being a senior. There is only one year of school left and then total freedom comes. There's also some negative things about being a senior that are often overlooked.

"By the time most people are seniors they have their own cars, but I have to mooch rides from underclassmen," senior Lindsey Rice said.

Those with cars can take advantage of opportunities they are given.

"We have a lot more freedom during the day with open campus," senior Emily Bourne said. "Since I'm so busy it enables me to get a lot more done."

Being a senior usually brings along the legal change to adulthood. Some students are glad to finally be able to buy cigarettes, but some find it a little scary.

"If I do bad things I can be arrested because I'm 18," senior Derek Roger Ginder said.

Many students enjoy making jokes at the expense of underclassmen.

"Those freshman guys are so intimidating. They get all the chicks," senior Jason Ryan said.

Some people appreciate what seniority is, but not without complaining.

"An advantage to being a senior is the freedom the wonderful administration gives you," senior Dan Vogel said. "A disadvantage is having to put up with the wonderful administration."

For some students it is a pain to have to choose a college to go to. Once the have found one they are relieved.

"I know what college I'm going to g to," senior Chandra Brace said, "so I don have to stress out over it anymore."

Some seniors don't want to leave th comfort and security of a structured da

"I don't want to graduate because th real world is scary," senior Jason Wray sai

A lot of seniors realize that they w most likely never see the people they se daily in the halls ever again.

"It is the last year of school and prol ably the last time we'll see many of ou friends," senior Jenny Lathrop said.

Some say it's good and some say it bad, but either way it's the chance to be "ruler of the school.."



Senior Jasper Lara takes a moment of reflection during his last week of classes. Getting final projects tuned in and recommendations written caused stress for some seniors. However, many seniors put up with the stress so that they could get out of school one week before the rest of the high school.



Seniors Hrvoje Valpotic, Derek Ginder, and David Evans spend time chattin at the senior picnic. Many seniors enjoyed talking to their friends. For several st dents this was one of the last times they would get the chance to talk to ot rs before they went off to college. (Photo by Collette Best)

Richard Hall. **Matt Harker**:Swimming 9. **Melissa Ann Harris**: *Spirit* Staff 12, Volunteers 11,12, Terpsichore 10-12, SADD 9-12, Senior Girl's Club, Choir 9, 10, 12, I-Ball 11, I-Vball 12. **Kurt Harryman**: Baseball 9-12, Football 9-12, I-Ball 9-12, Track 9, 10, Basketball 9. **Mark E. Hatfield**: Football 9-12, Baseball 9-12, Wrestling 9, 12, I-Ball 11, Homecoming Court 12.

Gabe Hathaway: Wrestling 9-12, Football 12, VICA 12. **Hollis Hathaway**. **Mark Hatten**: Soccer 9-12. **Kevin Heggen**: VICA 12. **Elizabeth Heideman**: Sci Link II 12, German Trip 11, Amnesty International 9, 10, 12, Human Relations Committee 12, Play crew 10-12.

Heidi Ann Herold: Band 9-12, All State Band 10-12, Band Solo/Ensemble Contest 9-12, Orchesta 11, 12, Choir 9-12. **Krisha Andrey Heuss**: 100th Green Butterfly 10, Amnesty International 12, Choir 9-12, Vocal Solo/Ensemble Contest 12. **Lisa Ann Marie Hindrichsen**:Scratch Pad 11, 12, *Web* Staff 12, Model UN 11, 12, *Spirit* Staff 9, Tennis 9, 10, Speech Club 11, 12, Senior Senate, Ambassador 12. **Ted Holland**: Band 9-12, AV-IMC Assisant 11, 12. **Ben Hornung**: Football 9-12, I-Ball 9-12.

Clint Houge. **Pam Hove**: Senate 10, 12, Environmental Committee 10, 11, *Spirit* Staff 11, 12, *Web* Staff 11, 12, Band Solo/Ensemble 11, Band 9-12. **Ruby Hsu**: Band 9-12, Orchestra 11, 12, Speech Club 9-12, Scratch Pad 10-12, Amnesty International 9, 10, 12 **Susan Hsu**:All State Orchestra 9, 10, 11, All State Chorus Accompanist 12, Orchestra 9-12, String Quartet 9, 10, 11. **Winston Huang**: Track 9-12, Cross Country 12.

Rebecca Christine Hughes: Peer Helping 11, Band 10, 11, Twirlers/Flag Corps 10, 11. **Angela Lynn Huls**:Soccer 9-12, I-VBall 10, I-Ball 11, Senate 10, 11, Senior Girls Club, Volunteers 11. **Leilania Huse**. **Heather Hutson**: DECA 12, Senate 10, 12, Big Sis/Little Sis 9, Peer Helping 10, I-VBall 11. **Thoi Huynh**.

Molly Jarboe: Choir 9-12, I-Ball 9, 10, I-VBall 10-12, Track 10, 12. **Shelley Jaspering**: Cheersquad 9-12, Terpsichore 10-12, Choir 9, 10, Senoir Girls Club. **Tomas Jensen**: Swimming 9-12, Soccer 11, I-Ball 12. **Andy Johnson**: Swimming 11, 12, Soccer 11, 12, Choir 9-12, Cheerleading 11. **Jen Johnson**: Syudent Council 9-12, Volleyball 9-12, Basketball 9-12, Soccer 10-12, Softball 9-11.

Kelly Johnson: Cheerleading 9-11, I-VBall 9-12, Volunteers 11, 12, Softball 9, Basketball 9. **Shannon Jolly**: Swimming 9-12, Band 9-12, Choir 9-12, Orchestra 11, 12, Speech Club 10, 12. **Allison Jones**: Basketball 9-12, Volleyball 9-12, Track 10, Volunteers 11. **Kristy L. Jones**: Basketball 9,10, I-Ball 11, 12, Key Club 10-12. **Lori Ann Jones**: Wrestling Manager9-11, Health Occupations.

Petraya Juelfs. Basketball 9-12. Volleyball 9-11. Orchestra 9-12. Large Group Contest 10. Key Club 9-12. Bis Sis/Lil' Sis 11. Track trainer 11. SADD 9. Choir 9. **Mary Junck. Ben Kellen**. Track 9-12. **Caleb A. Keller**. Marching Band 9-12. Pep Band 10-12. Jazz Band 9-12. Concert Band. Swimming 12. Play Cast 9. **Eliza Kelly**. Choir 9-12. Senior Girls Club. Swimming Manager 12. Musical 11. Large Group Contest 9-12. Volunteers 12. Ensemble Contest 12.

Shannon Kenealy. Cheersquad 9-12. Choir 9-12. Large Group Contest 9-12. Amnesty International 10-12. Homecoming Committee 12. Student Council 10. Student Senate 11,12. SADD 11,12. *Spirit* 10-12. Volunteers 10-12. Senior mentor. Track 9-10. **Devon Kepley**. Baseball 9-12. Football 9-12. Wrestling 9-12. **Justin Kepley. Amy Kilmer.** Softball 9-12. **Ryan Kinart**. Hockey 9-12. DECA 12. Cross country 9. Football 10. I V-Ball 12.

Steve Kiner. Soccer 9-12. I Ball 9-12. Volunteers 10-12. Wrestling 9. **Renee Kingsbury**. Volleyball 9-12. Softball 9-11. Cheerleading 9-11. Track 10. I Ball 12. Homecoming Committee 12. Senior Girl's Club. Volunteers 11. **Jim Klaus**. Hockey 9-12. DECA (officer) 12. Volunteers 9-12. I V-Ball 12. **Heath Klatt**. **Angie Knoedler**.

Elena Kravinsky. Orchestra 10,11. Cross-Country 12. **Nicholas Kravinsky**. Football 11-12. Basketball **Jasper Lara**. Football 10-12. **Jodi Larson**. Swimming 9-12. Track 12. Girls' Track Manager 10. Choir 9,10. Large Group Contest 9, 10. Big Sis/Lil' Sis 11. Key Club 10,11. **Jennifer L. Lathrop**. Choir 9-12. Solo/Ensemble Contest 10-11. Track 9,10. Big Sis/Lil' Sis 9. Key Club/SADD 10. Ambassadors 12. Terpsichore 12. Senior mentor. Revival 12. Play Cast 9.

Natalie Rose LeBrecht. Big Sis/Lil' Sis 9. Track 9. Cross-Country 10. Peer helping 10. Senate 12. **Jackie R. Lee**. Band 9-12. Solo/Ensemble Contest 10-12. Pep Band 12. 100th Green Butterfly 11. Key Club 10. **Eric Lehmkuhl.** Cross-Country 9-12. Track 9-12. Choir 11,12. Large Group Contest 11,12. Swimming 11. **Joe Levine**. Swimming 9-12. Human Relations Committee 10. Thespians 11-12. Play Cast/Crew 10-12. One Acts (director) 12. **Adam Lewis.**

Jack Liao. Choir 9-12. Large Group Contest 9-12. Band 9-12. Orchestra 9-12. Play Cast/Crew 9-12. Thespian. Soccer 11-12. I Ball 9-12. Swimming 9. **Shannon Liggins**. Symphonic Band 10,11. Human Relations Committee 12. Mulitcultural Enhancement Club 9-11. Solo/Ensemble Contest 10. Large Group Contest 10,11. **Steve Lochray**. Soccer 10. **Katie Long**. Homecoming Committee 12. **Maria Thi Lutz**. Volleyball 9-12. Softball 9-12. Tennis 9-10. Volunteers 11,12. Senior Girls' Club. DECA. 100th Green Butterfly 11,12. Big Sis/Lil' Sis 10. Choir 10.

Katy Maddux. **Angela Madison**. Soccer 9-12. Senior Girls Club. VICA 12. Big Sis/Lil' Sis 11. **Ben Magel**. Basketball 9,10. Track 9-11. Soccer 9-12. I Ball 11,12. Volunteers 12. Spanish Competition 11. **Jim Magie. Terina Mammen.**

Through the Double Doors

By Shannon Kenealy

Walking out the infamous main doors for the last time was a declaration of freedom for many seniors ready to put the past thirteen years of structured schooling behind them. But when the joy of the moment passed, a realization of what they would miss settled in--things that were taken for granted as part of everyday school life.

Many students felt they would miss the uncertainty of having special relationships like those formed in high school.

"I'm going to miss knowing I'll see my friends every day of the week," senior Scott Mullica said.

In addition to friends, some students thought they would miss the familiarity of high school life.

"There are many reasons I'll miss Ames High," senior Jenny Bennett said. "You just feel secure here."

Other students offered a hint of sarcasm about certain aspects of their high school experience.

"I'm going to miss the hall monitors because they kept us in line. It's nice to see a friendly smile in every aisle," senior Dave Evans said.

And many students felt they would miss the teachers and staff who helped them to grow over the past few years.

"I'm going to miss certain teachers who helped me come as far as I have in high school," senior Eileen Sambos said. "Without them, I don't think I could have accomplished the things I have."

Although some things will be missed, the memories and lessons learned behind those double doors will carry the seniors through many new doors in life.



Cecily Martin. Swimming 9-12. Track 10. Choir 9-12. Big Sis/Lil' Sis 9,11. I Ball 9-12. Senior Girls Club. **Matthew Mauk**. **Erin Emily McCay**. Swimming 9-11. Swim Manager 12. I Ball 12. Concert Choir 9,10. Peer Helping 12. Band 9-12. Solo/Ensemble Contest 9,10. **John P. McFarland**. Football 9-11. **Happy McIntosh.**

Eric McLaughlin. Baseball 10. Senate 10,11. I Ball. DECA. Senior mentor. **Audie Mehle**. Cross-Country 9. DECA 12. Volunteers 12. **Tara Lynn Meierkord**. Basketball 9-11. Track 9,10. Big Sis/Lil' Sis 9. Homecoming Committee 12. I V-Ball 11. Senior Girls Club. **David Andrew Millen**. Student Council 12. I Ball 9-12. I V-Ball 11,12. Play Cast/Crews 12. Band 9-12. Marching Band 9-12. **Eugene Kyle Miller**. Special Olympics Volleyball, Track, Basketball, Bowling 9-12.

Jason Miller. Karen Moon. 100th Green Butterfly 10-12. Key Club 9-12. Band 9-12. Basketball 9-10. Soccer 9-12. I V-Ball 9-12. I Ball 11,12. Amensty International 9-12. Student Council 11,12. Student Senate 10. Speech Club 9-11. Senior mentor. SADD 9. **Henry Mulgadi. Scott Andrew Mullica**. Track 9-12. Cross-Country 11,12. Basketball 9. I Ball 10-12. I V-Ball 11. **Mambew Mumba**. Choir 9. WEB 12. Terpsichore 12. STAND 12.

You Wouldn't Believe What I Did . . .

By Daniel Gardner

Let's face it, we've all had embarrassing moments, some a little worse than others . . .some a lot worse. But we've all lived to tell about them, and the more years that go by the more we have to tell about—that's why seniors are the perfect people to talk about them.

Seniors have experienced a broad range of embarrassing moments—from getting swirlees as underclassmen to completely forgetting their class schedules as upper classmen–they've done it all.

"Mr. Mendenhall was the faculty member in charge of my freshman study hall. He knew that I had a tendency to fall asleep, since it was the first period of the day. One day he thought it would be funny to let me sleep as long as I wanted. When I was asleep he put a note on my back that said 'Do not wake.' I ended up waking up in the middle of third period and I had to go to class and explain to everybody why I was late," senior Joe Fisher said.

Embarrassing moments are not just confined to school activities, and many seniors found that they had committed some of their worst during summer vacation.

"When I was playing basketball at a friend's house, we were dunking on his hoop off a trampoline. His hoop was attached to the garage and there were big flower pots on both sides. On one of my dunks, I ran at the trampoline, hit it really hard, then dunked the ball, but when I was about to land, I lost my balance and fell face first into the flower pot," senior David Evans said.

After the arrival of senior year, there is finally an unspoken truth that maturity levels have been raised and that embarrassing moments were going to be few and far between. Yeah right!

"One day in Chem I was doing a lab down in the IMC and I needed distilled water. Since someone had used it all up and not refilled it, I got really mad and started walking back to the Chem room to refill it myself. I reached the door of the room and whipped it open and let out a really loud grumble. But then I noticed . . . it was the wrong classroom," senior Shannon Kenealy said.

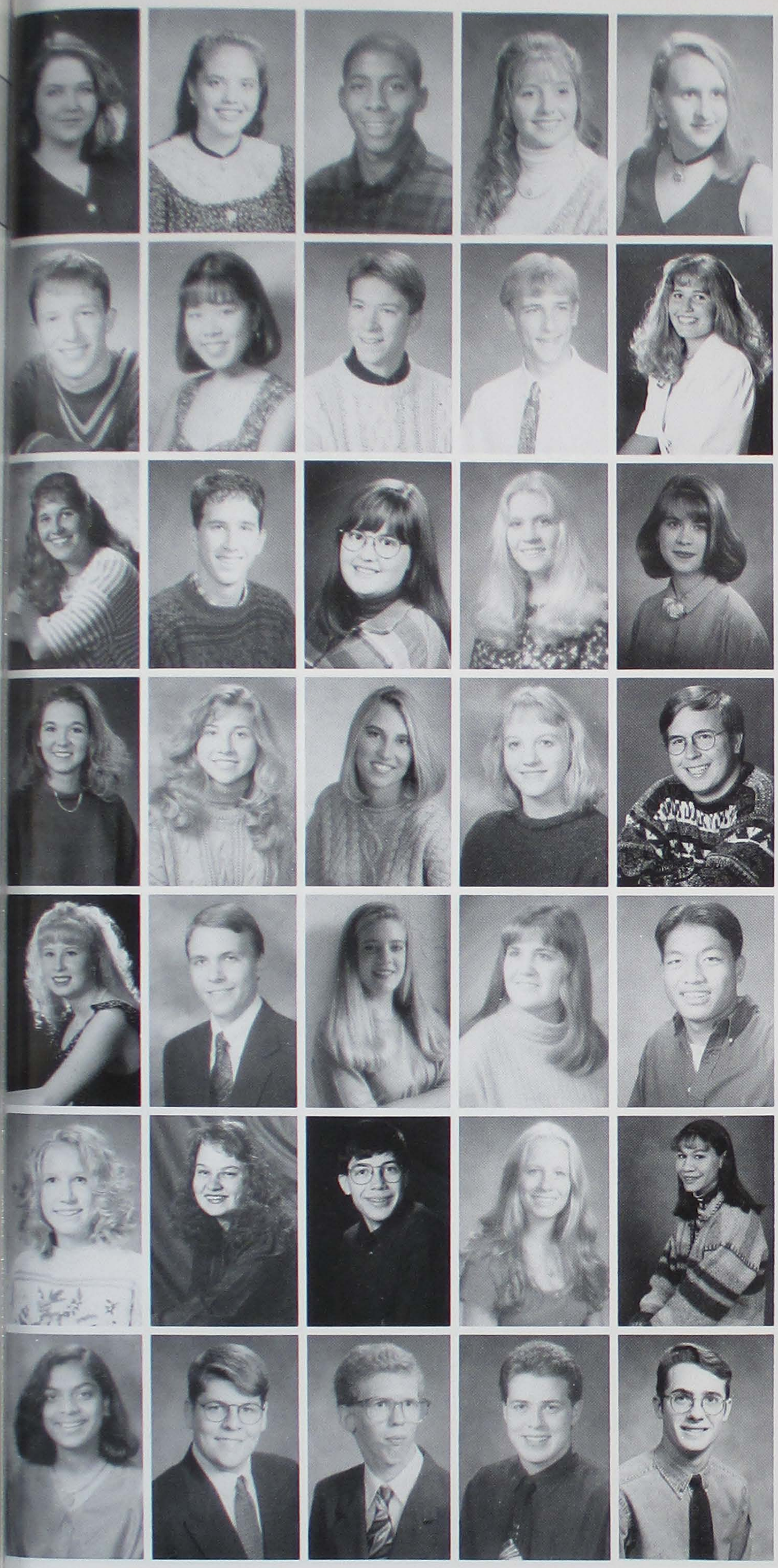
As seniors look back on their high school years they will always remember those embarrassing moments that they committed when they were underclassmen and cringe at the thought of those they might commit in the future.



Can the seniors really pull their weight around the school? Just ask seniors Todd Swan and Jackie Olberding shown here competing in the tug-o-war between classes that took place during Spirit Week.



Is that a cut out of Jason Miller's head or am I just seeing things? Seniors Scott Mullica, Ben Kellen, Mark Sedgwick, Eric Greving, and poster boy Jason Miller showed a lot of spirit in their comical attempts to glorify their friends who took part in all-school athletic activities.



Laura Mullesch. Andrea Darlene Mundt: Basketball Manager 12, Cadet Teaching 12, Choir 9,10, I-Ball 10, 11, Rules Committee 10, 11, Senior Girls Club, Flag Core 11, 12. **David Neal**: I-Ball 9-12. **Trisha Lee Nelsen**: Senior Girls Club, Swimming Manager 12, Volunteers 12, Big Sis/Lil' Sis 9, I-VBall 9-11. **Emily Nelson**: Soccer 9, 10, Drama 9, 10, Policy Committee 12, Spanish Competition 11, Speech Club 10, Volunteer 9, 10, Peer Helping 9.

Brad Nesset: Football 9-12, I-Ball 9-12, Baseball 10, Iowa DECA State President 12. **Joyce Ng**: Cross Country 10-12, Track 9, 10, Orchestra 9-12, Co-Pres. (Orch) 11, 12, Band 9-12, Accompanist 9-12, Senior Girls Club, Solo/Ensemble Contest 9-12, Senior Mentor 12, Sci-Link 12. **Joss Nichols**: All-State Choir 11, 12, Choir 9-12, Madrigal11, 12, Solo/Ensemble Contest 9-12, Drama 9-12, Thespians 11, 12, I-Ball 9-12, Soccer 9, 10, Track 9-12, Cross Country 10, 12, . **Danny Nutte**r: Football 11, I-Ball 9, 10,Drama 9-11, One Acts 11, Soccer 9-12, Student Senate 9, 10, Tennis 11. **Gina Christine Olberding**: Cross Country 10-12, Basketball 9-11, Track 9, 10, Softball 9, 10, Soccer 11, 12, Volunteers 11, 12, Homecoming Court 12, Peer Helping 12, I-Ball 12, Senior Girls Club, Homecoming Committee 12.

Jaclyn Marie Olberding: Basketball 9-12, Cross Country 11, 12, Track 9-11, Softball 9, 10, Homecoming Committee 11, 12, Senior Girls Club, Volunteers 11, 12. **Jason Ollila**: Ambassadors 11, 12, Football 9, I-Ball 9-12, Peer Helping 9, 10, Soccer 9-12. **Emily Olson**: 100th Green Butterfly 10-12, Choir 9-12, Madrigal 9-12, Marching Band 9-11, Mock Trial 9, 10, Swimming 9-11, Terpsichore 9, 12. **Jennifer Olson**: Student Council 10-12, Human Relations Committee 10, 11, Volleyball 9-12, Captain (VB) 12, Tennis 9-12, Senior Girls Club, Homecoming Committee 10-12, I-Ball 10-12. **Pamela Olson:** Terpischore 9-12, Choreographer 11, 12, Choir 9-12, Track 10, 11, Key Club 10.

Heather Nicole Orth: Track 9, 10, Ambassadors 9-12, DECA 12, Homecoming Committee 11, 12, Peer Helping 10, Big Sis/Lil' Sis 12, Senior Girls Club, Volunteers 11, 12. **Mandy Padilla. Brittany Parks**: Amnesty International 12, Cross Country 9, 10, 11, Homecoming Court 12, I-Ball 12, Senior Girls Club, Student Council 9-12, Soccer 11, 12. **Emily Patrick**: Choir 9-12, Madrigal 12, All-State 11, Solo/Ensemble Contest 10-12, Band 9-12, Speech Club 9, 10, Drama 11, Senior Girls Club. **Scott Paque.**

Melissa Paulson. **Jason Randall Petersohn**: Band 9-12, Jazz Band 9-12, Pep Band 9-12, Key Club 9-12, SADD 9, 10, Chess Club 11, Spanish Competition 11, Soccer 10. **Laura Peterson**: Choir 9, Track 9. **Trisha Peterson**: Cadet Teaching 12, Senate 11, 12, Peer Helping 10, Swimming/Diving 10, Senior Girls Club. **Korkahn Phompheng.**

Kirsti Ingrid Place: Sci-Link II 12, Band 9-12, Solo/Ensemble Contest 10, 11, Terpsichore 10, Big Sis/Lil' Sis 9, 11. **Tina Post**: Special Olympics 10-12. **Andrew Proescholdt**: Cross Country 9-12, Track 9-12, Key Club 12. **Lindsay Pyle. Buffy Quintero**: 100th Green Butterfly 9-11, Amnesty International 12, Basketball 9-11, Band 9,10, I-Ball 12, I-VBall 11, 12, Key Club 9-12, Drama 11, 12, Senior Girls Club, Soccer 9-12, Speech Club 10, Student Senate 10-12.

Prathyusha Ramisetty: Key Club 12, I-Ball 12. **Barret E. Ranall**: Cheersquad 10, 11, Choir 9-12, Homecoming Court 12, Senate Vice-Pres. 11, Student Council 12, Volunteers 10-12, I-Ball 9, 11, I-VBall 9-12, Madrigal 10, 12, Environmental Committee 9,10. **Mark Range**: Special Olympics 9-12. **Daniel Ray:** Band 9-12, Solo/Ensemble Contest 11, Football 10. **Justin Readhead**.

Raelene Reeves, **Katie Rhodes**: Golf 9-12, Orchestra 10-12, Choir 9-12, I-ball 10-12, Key Club 10-11, Big Sis/Lil Sis 11, Senior Girls Club, Volunteers 12. **Lindsey R. Rice**: Cross Country 9-12, Track 9-12, I-ball 9-12, Choir 9-12, Volunteers 12, Senior Girls Club, Key Club10-11, Speech Club 9, Mentor 11-12. **Meredith Richardson**: Choir 9-12, Mock Trial 11, One Acts 10,12, Play Cast/Crew 9-12, Terpsichore 9-12, Choreographer 11-12, Thespians 10-12. **Aubrey Robbins**: Concert Band 9-12, Marching Band 9-12, *Spirit* Staff 11-12, Terpsichore 11-12, Choreographer 12.

Matthew Robinson: Co-President of Student Body 12, Student Council 10-12, Policy Committee 12, Pep Council 12, National History Day 10-11, Speech Club 11-12, One Acts 11-12, Play Cast/Crew 12, Swimming 9-11, Cross Country 9, Track 9, Choir 9-10. **Gabriel Roberts**, **Adrion Rosenbusch**: Marching Band 9-12, Pep Band 11-12, Concert Band 10-12. **Maria Rosheim**: Senate 9-10, Swimming 9-11, Boys Swimming Manager 9-12, Choir 9-10. **Claire Roth**: Cheerleading 9-10, 12, Health Occupations 12, Terpsichore 12, Peer Helpers 10, Entheos 9.

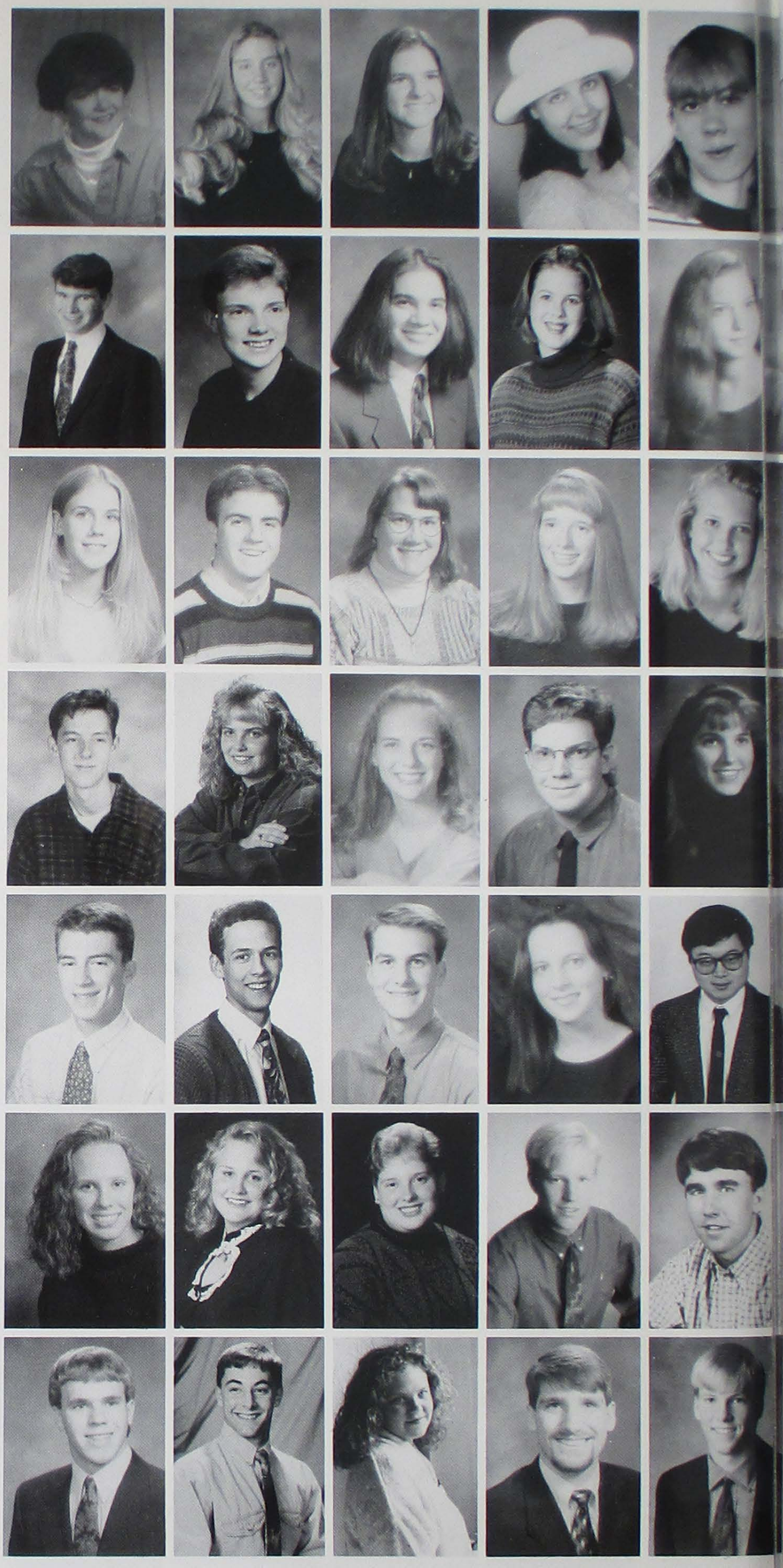
Brigid Ryan, **Jason Ryan**: Swimming 9-12, Entheos 9, I-ball 11-12, I V-ball 9-12, Cheersquad 11, Track 12, Football 9. **Eileen K. Sambos**: SADD 9-12, Terpsichore 10-12, Choreographer 12, Special Olympics Swimming 9-12. **Lindsay Sargent**: Band 9-12, All-State Band 11, Choir 9-11, Orchestra 10-12, Track 9-12, Cross Country 12, Key Club 9-12, SADD 9-10, Ambassadors 12, Mentor 11-12, Big Sis/Lil Sis 9,11, Solo/Ensemble Contest (Band) 9-12. **Kristina M. Sassman**: Flag Corps 10-12, Terpsichore 11-12, I-ball 12, Track 10, Big Sis/Lil Sis 9,11, Homecoming Committee 12, Senior Girls Club, Key Club 10, 100th Green Butterfly 10.

Nicholas J. Schafer: 100th Green Butterfly 10, Amnesty International 12, Key CLub 10,12, Peer Helping 10, SADD 10. **Jenny Schmidt**: Ambassador 10-12, Big Sis/Lil Sis 11-12, Choir 9-12, DECA 12, Entheos 9, Large Group Contest (Vocal) 10-12, Odessey of the Mind 9-11, Peer Helping 9, Volunteers 12, STAND 10-12. **Carrie Schram:** Cheerleading 9-12, **Tim Schroeder**, **Sherry J. Schwarzenbach**: Volleyball 9-12, Basketball 9-12, Track 9-12, Softball 9, Big SIs/Lil Sis 9,11, Senior Senate.

Mark Andrew Sedgwick: Cross Country 10-12, Track 9-12, I-ball 10-12, I V-ball 11, Senior Senate, Band 9. **Mert Sermet**, **Peter Michael Shupp**: Basketball 9-12, Homecoming COurt 12, Senior Senate, Band 9-12. **Anne Shrum**: Basketball 9, Cross Country 9-11, I-ball 11, One Acts 11-12, Play Cast/Crew 12, Soccer 11, Student Council 9-11, Track 9-10. **Alex Sipes**: Special Olympics Swimming 9-12, Special Olympics Volleyball 9-11, Wrestling 9-10.

Jennifer Sippel: Mock Trial 9-12, Athletic Ambassador 9-12, Track 10, Odessey of the Mind 10, Student Senate9,11, I V-ball 10. **Faith Ellen Smith**: VICA 12. **Jennifer Smith**: DECA 12, Biology/Greenhouse Assistant 9-12, I V-ball 11-12, I-ball 9,11, Big Sis/Lil Sis 9. **David Sosnouski**: Basketball 9-12, Football 12, Tennis 9-12, Student Council 9-12, Co-President of Student Body 12, Speech Club 9-10, Play Cast/Crew 9-12, National History Day 10-11. **Eric D. Spear**Golf 11-12, DECA 12, I-ball 10,12.

Chris Sprong: Hockey 9-12, Football 9-11, Homecoming Court 10,12, I V-ball 12, DECA 12, Volunteers 11-12. **Chad Stairs**: Football 10,12, I-ball 10-12, Soccer 10. **Jennifer Stalheim**: DECA 12. **Steve Steenbeke**, **Thomas Stenberg**,



By Melissa Harris

Through the good times and the bad

Looking back upon their early high chool years is something many seniors ould rather not do. Those memories ave been placed in a deep dark corner f their mind, hopefully never to be re-ieved.

The freshman year is a year of changes, nd these changes often lead to mbarassing moments.

"I was walking out to the practice field ith some other flag corps members, and was trying to see the sophomore coreboard, and I ran into the opposing eam's bus," senior Carey Wagner said. "I felt so dumb because the rest of the corps members with me were laughing hysterically."

Not all memories were as bad as they seemed when they occurred. Often the good side was simply overlooked.

"Kelly Burton and I did a *Romeo and Juliet* puppet show for Mrs. Bolinger's freshman english class, and she liked it so much that she had us do it for four other classes," senior Laura Bendig said. "By the last one, people were laughing when it wasn't even supposed to be funny because our props kept falling apart."

Then there were those who really couldn't (or just didn't want to) remember their freshman year.

"I was a freshman? I don't remember hardly anything from that year. Maybe I skipped it," senior David Evans said.

Whether good or bad, their memories will always be a part of them. Many will be deeply cherished, and others hopefully will be laughed about later in life.



Heather Steskal, **Sara Stevenson**: Play Cast/Crew 9-12, One Acts 10-12, Thespians 9-12, Terpsichore 9-12, Choreographer 11-12, Speech Club 9-12, Cheerleading 9-10, Choir 9-12, Madrigal (Queen) 10-12, (12), Band 9-12, 100th Green Butterfly 11-12. **Amy L. Stoeffler**: Mat Maid 10-11, Big Sis/Lil Sis 11, Band 9, Peer Helping 11. **Eric Strasser**: Football 9-11, Swimming 12, Wrestling 9, I-ball 9. **Stacy Strovers**: DECA 12, 100th Green Butterfly 10, Key Club 9-11, I V-ball 12, STAND 11.

Fawn Stubben, **Todd M. Swan**: Football 9-12, Co-Captain 12, Wrestling 9, Track 9-10, Volunteers 11, **Julie Swanson**: Golf 9-12, Cheerleading 9-12, Basketball 9, I-ball 10-12, Senate 9-11, Senior Girls Club Co-President, Homecoming Committee 11-12, Homecoming Court 12, Big Sis/Lil Sis 9, Mentor 11. **Kimberly Swyter**: STAND 10-12, Choir 9-12, Solo/Ensemble Contest (Vocal) 9-12, Large Group Contest (Vocal) 9-12, Play Cast/Crew 11-12, SADD 12. **Tony Tarbox**,

Kate Taylor, **Seth Taylor**: Key Club 11-12, Cadet Teaching 12, Play Cast/Crew 11-12, SADD 12, Soccer 9,11, One Acts 11-12. **Sarah Teas**: Choir 9-12, All-State Choir 11, Madrigal 11-12, Speech Club 10,12, 100th Green Butterfly 11-12, Amnesty International 12, Terpsichore 9-12, Choreographer 11-12, Cheerleading 9-10, *Spirit* Staff 10. **Dawn Michelle Schmidt-Thode**: Band 9-12, Choir 9-12, Swimming 9-10, DECA 12, I-ball 9-11, Big Sis/Lil Sis 9,11. **Sarah Thoren**: DECA 12, Volunteers 11-12, Hockey Cheersquad 10.

From the bottom up

By Tanisha Cosby

May 25, 1995. Four years ago we marked this date in our four year planners, anxiously awaiting the day we felt would never come. But now, three years after being frantic freshman, two years after being sophisicated sophomores (or so we thought), and one year after a junior year that would make or break us we finally rose to the occasion. And as superior seniors days drew to a close we were awesome alumni of Ames Senior High School--only to drop to the bottom of the totem pole once again and start all over at a different level.

Was it really all that bad? After all high school was supposed to be the best years of our lives (or so we were told again and again). From the bottom up things looked uncertain but once we reached the top nothing could hold us back (not even those wonderful hall monitors) as we left those great years behind us and each went our seperate ways. May 25 marked the fork in the road, a time to move on.

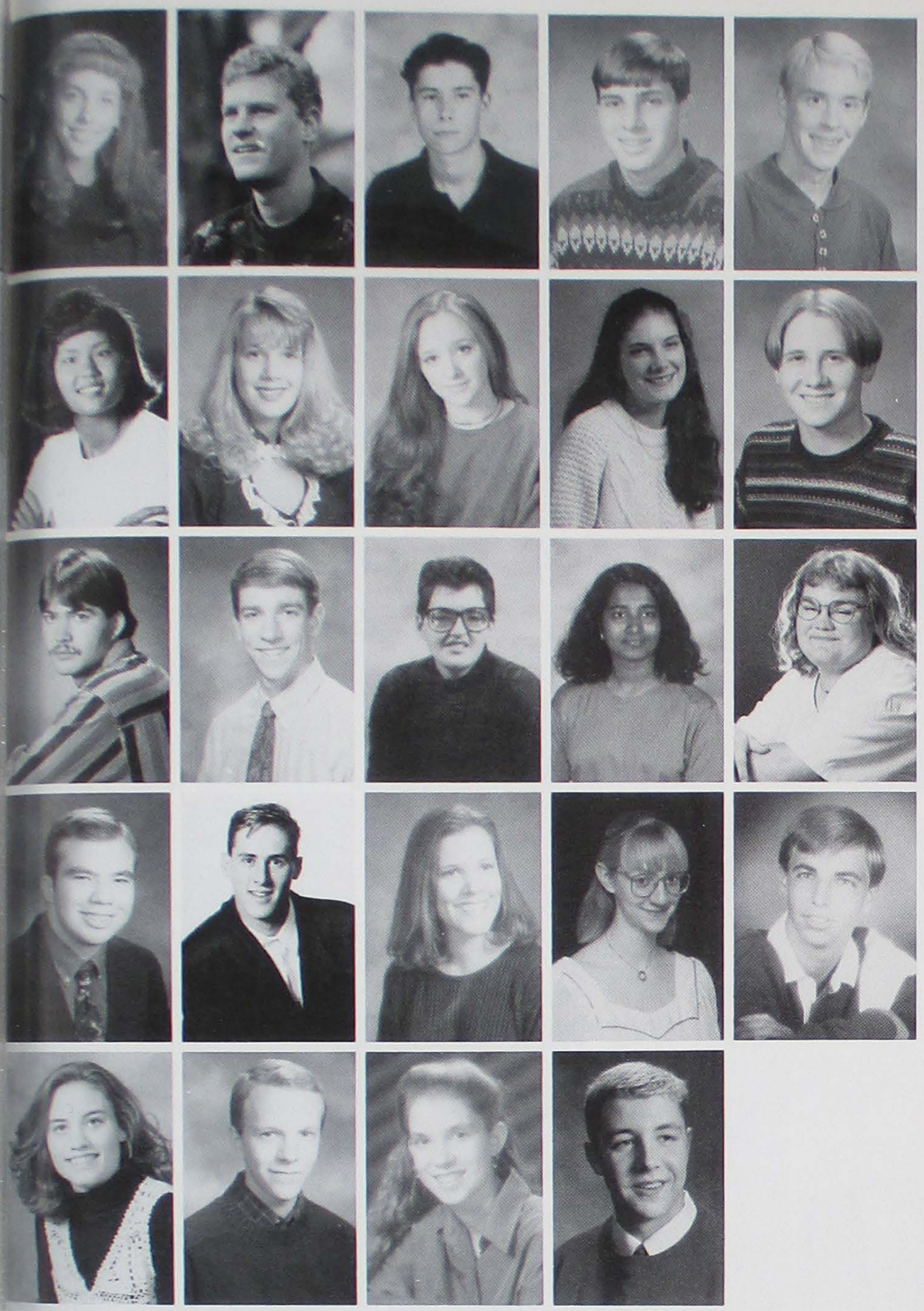
Though the class of 1995 is scattered as far as the globe is wide each and every graduate can remember his or her ties to good old Ames High. And in 2005 when we all are ten years older and hopefully much wiser we will flock back to Ames to reminisce on the way it was.



Taking time out to recognize the lost loved ones of others, senior Karen Moon visits the AIDS quilt which was put on display at Hilton Coliseum. The quilt traveled throughout the United States, stopping at various cities to spread the awareness of the disease. (Photo by Donald S. Grotewold II)



Taking time to enjoy those last weekends of high school, seniors really knew where the party was at. Senior Dave Millen attempts to guide senior Tomas Jensen under a pool stick in a game of limbo. Get togethers at friends house's were often the best way to find excitement on the weekends. (Photo by Collette Best)



Tricia Triplett: Cross Country 10-12, Softball 9-12, Track 10-12, I Ball 11-12, Basketball 9-10, Band 9-12, Ambassadors 12, Key Club 9-12, SADD 9-10, Big/Lil' Sis 11. **Jeff Uhrhammer:** Special Olympics 9. **Hrvoje Valpotic. Ryan VanCannon:** Football 9-12, Baseball 9-12, Basketball 9-11, I Ball 9-11, Volunteers 12. **Micah Vardeman**:Con.Band 9, X-C 10-12, Swimming 10-12, Track 9-12.

Carey Wagner: Big/Lil' Sis 9,11, SADD 10, Sr. Girls Club, Terpsichore 9,10, Choreo. 11-12, Track 10-12, Flag Corps 9-11,Ambassadors 12. **Allison Marie Warner**: Big/Lil Sis 9,11, Sr. Girls Club 12, Swimming 9-11, Colorguard 9-12, Choir 9-10. **Melyssa Belle Weible**: I Ball 12. **Sarah Louise Weitzel:** One Acts Director 12, Choreo. 12, Thespians 12, Color Guard 11-12, Choir 9-12, Play Casts/Crews 11-12, Speech Club 11-12, Amnesty Int. 10-12, 100th Green Butterfly 11-12. **Adam Wentworth.**

Jeremy Westpfahl. Chad Wheatley: Football 9-12, Baseball 10, Volunteers 12. **Brian Whitham. Bhagya Wickrama:** I Ball 9-12, IV Ball 10-11, Soccer 12, 100th Gr. Butterfly 11, Key Club 12, STAND 11. **Carla Williams.**

Chad Williby. Jon Wilson: Football 10-12, I Ball 12. **Zhaia Wineinger:** Volunteers 12, Homecoming Cmte. 12, DECA 12. **Kathryn "Nialle" Woods**: Scratch Pad 10-12, Speech Club 9-12, Play Cast/Crew 11-12, 100th Gr. Butterfly 10-11, Choir 9,12. **Jason R. Wray**: Track 9-12, Cross Country 10-12, Swimming 12, I Ball 9-12, Debate 9-12.

Heather Wright: Cadet Teaching 12, Big Sis Lil' Sis 9,11, Cheersquad 10-12, Choir 9-10, Peer Helping 11, Terpsichore 11-12, Track 10, Twirling 9-12, Flag Corps 9, Volunteer 11-12. **Nathan Wright:** Play Cast/Crew 11-12, Thespians 11-12. **Jackie Zenor**: Thespians 10-12, Student Senate 9-12, One Acts Director 12, Track 10, Madrigal 10-12, Amnesty Int. 10-12, All State (Choir) 10-11, Homecoming Cmte. 12, SADD 9-12, Volunteers 10-12, Ambassadors 10-12, Choir 9-12, Big Sis Lil' Sis 9,11, Play Cast/Crew 9-12, Speech Club 10, Key Club 9-11, Lrg. Grp. Contest 9-12. **Brian Ziebell:** Baseball 9-12, Basketball 9,10, I Ball 12.

Not Pictured:

Jamie Jo Berg: Softball 9, Student Council 9, Class Senate 9, 12, Basketball 9, Girls Golf 11,12, Cadet Teaching 12, Senior Girls' Club, Fresh. FB Mrg. 9, Volunteers 10-1, I V Ball 12, I Ball 11-12, Homecoming Cmte. 12. **Mike Choi:** All State 9-12, Amnesty International 12, I Ball 10-11, Track 9-10, Orchestra 9-12, Black History Showdown 9-12. **Henry Chen:** Chess Club 9-10, Concert Band 9, I Ball 11, IV Ball 12, Jazz Band 9, Key Club 11, Marching Band 9, SADD 11-12. **Melissa Ranell Eilts**: Track 10, Freshman Choir. **Ola Fetty. Elizabeth Furr:** Thespians 11-12, One Acts Director 12, Symphonic Band 11-12, Play Cast/Crew 9-12, Pep Band 9-12, Treble Choir 12, Human Relations Committee 11-12 Terpsichore 12, Big Sis/Lil' Sis 9,11, Scratch Pad Board 9, 100th Green Butterfly 10. **Megan Geha:** Amnesty Intl. 9, Concert Choir 9, Play Cast Crew 9-11, Speech Club 9-10, Black History Quiz Bowl 9-10. **Ragnhild Annette Hanssen:** I Ball 12, Tennis 12. **Charles Jiscke:** Golf Team 11-12, I Ball 9-12, Human Relations 9. **Pablo Menendez**: Play Cast/Crew. **Ethan Anthony Olberding:** Basketball 9-10, Golf Team 10-12, I Ball 11-12, Spanish Competition 11, Speech Club 9-10, Student Council 12, Policy Committee 12, Student Senate 9-10, History Day-National Finalist. **Farhang Raaii**: National Science Science Bowl 11-12, Heartland Knowledge Bowl 9-12, Senior Senate, Speech Club 11. **Clint Richey:** Basketball 10, Peer Helping 12. **Adrian van Etten:** Soccer 12, I V Ball 12. **Daniel Vogel:** Tennis 9-12, Cadet Teaching 12, Choir 9-12, Band 9, Volunteers 12, Mentors 12, I V Ball 9-12, I Ball 9-12, Lrg. Grp. Contest 9-12, Play Cast/Crew 11, Health Occupations 12.

Chuck Achter: Principal. **Roger Andersen:** Freshman Band. **Jody Barnes:** Adv. Comp., ESL English, Perspectives in Lit. **Cindy Bland:** Education Assistant. **Craig Boylan:** Auto Mechanics.

Ron Bredeson: Algebra I-B, Formal Geometry. **Judy Brunner:** Trigonometry, General Math, Pre-Calculus, Algebra I-A. **Karen Bruton:** Project Success. **Mary Buck:** Science Assistant. **Kim Burnett:** Health, Health Concepts of Biology.

Judith Burris: Educational Assist. **LoAnn Campbell:** Survey of Amer. Literature, English 10, Honors Amer. Literature. **Lucy Carey:** Special Ed. Educational Assist. **Judy Carlson:** German. **Keith Carlson:** British Lit., English 9-10, A.P. Senior English.

Ron Chives: Hall Monitor. **Carol Crawford:** Media Assist. **Pat Crow. Harold Dorr:** Srvy. of Biology, Biology. **Jean Dow:** 2-D Art, 4-D Art & Adv. 4-D Art, Drawing 1-4, Photography I, 2-D Art.

Jim Duea: U.S. Government, Honors U.S. History. **Kirstin Eddings:** U.S. History, World Studies. **Kari Ellett:** Secretary. **Doug Elliot:** Custodian. **Don Faas:** Auto Mechanics I & II.

Elaine Faas: Attendance Secretary. **Traci Faber:** Educational Assist. **John Forssman:** English 10, Honors English 10. **Julie Freed:** English 9, Creative Writing, Adv. Comp. **Betty Furr:** French I, German II-IV.

Merle Garman: Business Law, Keyboarding. **Homer Gartz:** Band 10-12. **Mary Glenn:** Physical Science. **Reggie Greenlaw:** Mental Disability Teacher: **Dorothy Gugel:** Art, Photography.





Marilyn Hanson: A.P. Calculus AB, 9th Algebra I, Trigonometry. **Beverly Horn:** Resource Personal Development & Career Ed. **Jill Huffaker:** Teacher Assistant. **Darin Johnson:** Perspect. in Lit., *Web &Spirit* Adviser, Intro. to Journalism, Eng. 10. **Phil Johnson:** Formal & Informal Geometry.

Jane Jorgensen: Educational Assistant. **Tom Jorgensen:** Sociology, U.S. History. **Mark Jurgensen:** Adv. Algebra, Algebra I-B. **Alan Junck:** Srvy. of Chemistry. **Ann Junker:** English 9, Basic Comp., Develop. Reading.

Mary Kautzky: Modern Dance I-IV, P.E. 9-10, Choreography. **Richard Lang:** Drafting, Computer Programming, AP Computer Sci. **Steve Linn:** Freshman, Treble, and Bass Choirs; Concert Chorale; Madrigal and Chamber Singers. **Ylene Longwell:** Educational Assist. **Thelma Maxwell:** Geometry.

What influenced you to become a teacher?

"In my own life I discovered the importance of making meaning, so I wanted to teach other people how to discover meaning in literature, in film and in the literature of their lives- real moments."

-John Forssman

"I developed an interest in science at an early age (from some very good science teachers in middle and high school) and decided that I would enjoy teaching chemistry. I've always enjoyed working with people and there isn't a better profession around that can have such a significant impact on the future."

-Alan Junck

"When the time came for me to decide how I wanted to spend my days I couldn't imagine doing anything but teach. How lucky I am to be able to get paid to do what I love- teach history. My mother is an educator and had a profound influence on my decision to be in education. That coupled with marrying a man who loves teaching as much as I do. That has helped me find my color in the education spectrum and be comfortable there.

-Kirstin Eddings

"I always loved books and school and helping people, so playing 'school' was a favorite activity for me as a little girl. It just seemed natural to make it 'real' when I grew up. The surprise was ending up (happily) at the high school level instead of in a primary classroom as I planned."

-Barbara Peterson



Spanish teacher Mrs. Peterson corrects some tests after school one day. A teacher's work was rarely over at the end of the school day. (Photo by Alicia Ackerman)

Jennifer Knight: World Studies, U.S. History. **Leonard Larsen**: Resource Room, Enrichment Enghlish. **Diane Larson**: Special Needs. **Sue Lawler**: Spanish I, II. **Bud Legg**: Guidance Counselor.

Lee Lloyd: Custodial Services. **Leslie Maze**: Guidance Counselor. **Mary Mekemson:** Special Needs. **Jack Mendenhall**: P.E. **Elizabeth Middleton** :Guidance Counselor.

Kathryn Moody-Hendricks. **Sharon Morford**: Enrichment English, Resource Room. **Leigh Nataro**: Geometry, Statistics, Algebra I. **Jane Olson**: Guidance Counselor. **Janet Olson**: Guidance Secretary.

Alice Pannkuk:Project Success. **Dee Penning**: Heartland Consultant. **Mike Petersen**: Survey of Physics. **Barbara Peterson**: Spanish I, III. **Susie Petra**: 2-D, 3-D Art, Ceramics, Sculpture,Jewlery, Graphic Design.

Mary Polashek: Orchestra Director. **Dave Postgate**: Athletic Director. **William Ripp**: Associate Principal. **Donna Schepers**: Housing, Adult Liv., Foods I&II, U.S. Gov., Child Care. **Kirk Schmaltz**: Biology.

Laura Shanks: Special Education. **Susan Shields**: Attendance Seceretary. **Barbara Siebert**: Student Services Secretary. **Vince Simon**: Custodial Services. **Norma Sisson**: Media Specialist.

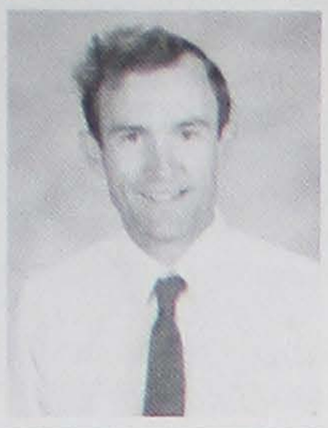
John Sletten : English 10, Surv. of Am. Lit., Adv. Comp., Honors English 10, Discuss. & Arg., Intro. To Mass Media. **Mona Smith**: Spanish II. **Chuck Stevens**:Hall Monitor **Karla Stevens**: AEA 11 Team Psych. **Ann Stokka**: Bookeeping Secretary.





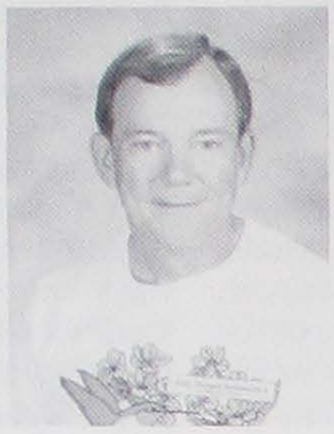













Nancy Svien: Earth Science. **Karen Swanson**. **Jerry Swenson**: Woodworking, Engineer & Adv. C.A. Drafting, Architectural Draft., SN Ind. Arts. **Virginia Swenson**: AP Calculus, Algebra II. **Ele Nore Tallman**: Career Prep., Enrich. English, Fund. of English, Fund. of Math.

Julie Thompson: Surv. of Physics, Surv. of Chemistry. **Jack Troeger**: Earth Science. **Richard Uthe**. **Tony Vander Zyl**: Geometry, Adv. Algebra. **Dan Versteeg**: U.S. Government, World Studies.

Jerry Vos: EBCE, SN- U.S. Gov, Consumer Math, Life Skills, Science, Reading. **Georgia Vondra**: Secretary . **Mary Wauson**: SN- Lang. Arts, Rec. Skills, Home Ec., Consumer Math, Community Mobility. **Richard White**: U.S. History, Anthroy. **Rose Wilcox**: Cadet Teaching, Keyboarding, Word Processing, Adv.Word Processing.

Hilary Ziebold: Teaching Assistant. **Larry Zwagerman**: Guidance Counselor.

to make you feel that your job is worthwhile?

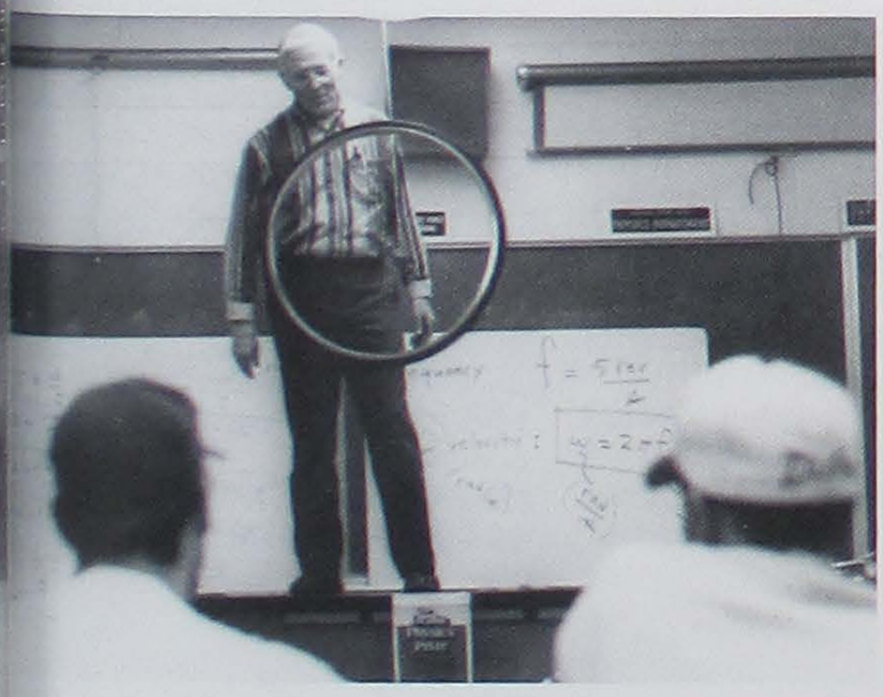
"When every person in a class hands in a paper and deserves an A, as it happened in an AP senior english class during the first nine weeks." English Teacher, Keith Carlson

"Written a thank-you not to say that even though the student didn't get an A in the class, they still learned a lot and appreciated everything I had taught them." Math teacher, Judy Brunner

"When a student lets me know that they can do something with the language (spanish) outside of class and that they have fun doing it. Such as when I go to Spain and one of my former students is there and they show me what they have done with what I've taught them." Spanish teacher, Terri Mickleson

"No student has done it yet, but I'd feel really worthwhile if a student of mine would kneel and kiss my ring." Social Studies teacher, Robert Uetz

"When students who have graduated come back to visit during their breaks and let me know that my class has prepared them well for their college science courses. That all of their classroom experiences have paid off." Chemistry teacher, Ken Hartman





Honors Biology teacher Charles Windsor, uses a bicycle wheel to teach his class about angular velocity. Teachers were encouraged to find new ways to teach their students old ideas. (Photo by Alicia Ackerman)

English teacher Keith Carlson, mingled with AP senior english student, Lisa Hinrichson at the annual APSE picnic in the praire. Many teachers get to know their students better by engaging in activities outside of school. (Photo courtesy of Keith Carlson)

SCHOLARSHIPS

Nathan Adair: Hastings College-Academic Scholarship, Hastings College-Grant, Hastings College-Ministerial Grant, Hastings College-Presbyterian/HC Matching Grant, Northland College-Academic Scholarship, Northland College-Trustee Grant

Julie Anderson: Iowa State University Freshmen Honors Program, President's Award for Educational Excellence, State of Iowa Scholar

Elizabeth Andre: Brigham Young University Scholarship, Iowa State University College of Liberal Arts and Sciences, National Merit Commended Student, National Spanish Exam-6th in state, President's Award for Educational Excellence, Iowa State University Presidents Leadership Scholarship, Miss Teenage America Scholarship

Tessa Aurand: Northeast Missouri State Univ. President's Scholarship, Westminster College Presidential Scholarship, Women in Politics Summer Program

John Baty: President's Award for Educational Excellence

David Begg: Industrial Technology Award

Jenny Bennett: Iowa State Bar Association American Citizenship Award, National Spanish Exam-4th in state

Robyn Berning: Cornell College Horace Alden Miller Music Scholarship, Cornell College Natural Sciences Scholarship, President's Award for Educational Excellence, University of Northern Iowa Academic Excellence Award, Westminster College Trustee's Scholarship

Alexandria Best: President's Award for Educational Excellence

Lisa Biggs: Buena Vista College-Madge White Math/Science Scholarship, Iowa Tuition Grant, President's Award for Educational Excellence, National Presbyterian Scholarship, Simpson Honor Scholarship

Emily Bourne: Marquette University Honors Program, Marquette University Scholarship for Academic Distinction, President's Award for Educational Excellence

Andy Brock: Iowa United Methodist Scholarship, Marquette University-Grant, Simpson College Grant

Kelly Burton: Iowa State University Christina Hixson Award, President's Award for Educational Excellence

Rebecca Chacko: Aid Association for Lutherans All-College Scholarship, National Merit Commended Student, President's Award for Educational Excellence, Presidential Scholar, State of Iowa Scholar, University of Iowa Presidential Scholarship and Undergraduate Scholar Assistance

Wen-Yen Chang: President's Award for Educational Excellence

Michael Choi: National Merit Commended Student, President's Award for Educational Excellence

Aprille Clarke: National Spanish Exam-1st in state, President's Award for Educational Excellence, University of Iowa Freshman Honors Program, University of Iowa Oscar Fernandez Scholarship, VFW Voice of America Award

Malinda Cooper: Ames City Employees Credit Union-Dave McCoy Memorial Scholarship, Brent Anderson Memorial Scholarship, Governor's Youth Leadership Award, Iowa Federation of Women's Clubs-State Level, Jeffrey Brown Memorial Photography Award, Knights of Columbus Student of the Month-February, President's Award for Educational Excellence, The Juergens Family 4-H Scholarship, Ames Rotary Scholarship,Beta Tau Delta Helen Jones Memorial Scholarship, Discover Card/American School Administrators

Tanisha Cosby: Prairie View A&M University Scholarship, Principal Financial Group Scholarship

Suzy Craig: Ames Alumnae Panhellenic Association Scholarship, Ames Education Association Scholarship, Ames High Alumni Association Second Generation Scholarship, Ames Rotary Scholarship, Ames Women's Club Scholarship, Iowa Cheerleading Coaches Association Scholarship, Iowa State University Academic Recognition Scholarship, Norwest Bank Scholarship, President's Award for Educational Excellence, State of Iowa Scholar

Andre Darlington: National Merit Commended Student

Kelly Day: Iowa State University Scott Lynch Memorial Scholarship, President's Award for Educational Excellence

Aaron Dieter: National Merit Commended Student, President's Award for Educational Excellence

William Dunlay: President's Award for Educational Excellence

Jennifer Ellet: Ames Arcadia Lodge Masonic Scholarship, President's Award for Educational Excellence

Misi Emiola: National Black Achievement Scholarship Finalist, National Merit Commended Student, President's Award for Educational Excellence, Richard & Trudy Reynolds Gift Fund Scholarship

Ola Fetty: Cooper Union Scholarship, New York City, David Burton Stone Memorial Art Award, Art Portfolio Nominee

Sarah Freed: Scott A. Berryhill Memorial Scholarship

Elizabeth Furr: National Merit Scholarship Semifinalist

Daniel Gardner: President's Award for Educational Excellence, State of Iowa Scholar

Megan Geha: First National Bank Art Award

Cynthia Gelina: President's Award for Educational Excellence

David Good: Iowa State Bar Association American Citizenship Award, Knox College Creative Arts Scholarship

Melissa Green: President's Award for Educational Excellence

Richard Hall: Jeffrey Brown Memorial Video Award

Melissa Harris: President's Award for Educational Excellence, College of St. Benedict's President's Scholarship

Mark Hatfield: Ames Jaycees Scholarship, Bernie Saggau Award

Melinda Hefley: Iowa State University Freshmen Honors Program

Kevin Heggen: Industrial Technology Award

Elizabeth Heideman: Macalester College Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Tuition Scholarhip

Heidi Harold: President's Award for Educational Excellence

Lisa Hinrichsen: Des Moines Women's Club Memorial Scholarship in Literature, President's Award for Educational Excellence

Ruby Hsu: Firstar Merit Scholarship, National Merit Scholarship Finalist, NCTE Writing Achievement Award, Norwest Bank Scholarship, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Presidential Scholarship, Youth for Understanding JUSSE Scholarship

Susan Hsu: Interlochen Arts Camp Scholarship, Iowa High School Music Association Outstanding Pianist, National Merit Commended Student, Northwestern University Grant, President's Award for Educational Excellence, State of Iowa Scholar, University of Minnesota "Gopher" All University Scholarship, University of Minnesota Scholarship

Tomas Jensen: President's Award for Educational Excellence

Charles Jischke: David Burton Stone Memorial Art Award

Jennifer Johnson: 3-M Jose[illegible] Duke Scholarship, Presid[illegible] Award for Educational Excelle[illegible] State of Iowa Scholar, Texas Cris[illegible] tian University-Tandy Techn[illegible] Scholarship, University of M[illegible] sota Presidential Scholarship

Shannon Jolly: Daughte[illegible] American Revolution Good Cit[illegible] Award, National Merit Comme[illegible] Student, President's Award for [illegible] cational Excellence, State of [illegible] Scholar

Allison Jones: National [illegible] Commended Student, Presid[illegible] Award for Educational Excelle[illegible]

Petraya Juelfs: President's A[illegible] for Educational Excellence, St. [illegible] Lutheran Brotherhood Cam[illegible] Scholarship, St. Olaf Scholars[illegible]

Shannon Kenealy: Presid[illegible] Award for Educational Excelle[illegible] State of Iowa Scholar, United Met[illegible] odist Peace & Justice Scholar[illegible]

Renee Kingsbury: Presid[illegible] Award for Educational Excelle[illegible]

Katherine Kruger: National [illegible] Commended Student

Jodi Larson: First National Ba[illegible] Art Award

Jennifer Lathrop: Des Moi[illegible] Women's Club Writing Contest [illegible] place, President's Award for [illegible] cational Excellence, Universit[illegible] Northern Iowa Resident Sch[illegible] Award

Natalie Lebrecht: Jeffrey Br[illegible] Memorial Photography Award

Jacqueline Lee: Northwest [illegible] souri State University-Regents Scholarship

Joseph Levine: Mathematics [illegible] test, President's Award for Ed[illegible] tional Excellence

Maria Lutz: Aid Association [illegible] Lutherans All-College Scholars[illegible] Iowa State University Acade[illegible] Recognition, Scholarship, Stat[illegible] Iowa Scholar, University of Iowa [illegible] gineering Honors Freshmen Sch[illegible] arship, University of Iowa Tui[illegible] Scholarship, University of Miss[illegible] Excellence, University of Miss[illegible] Freshmen Engineering Scholars[illegible] Unversity of Missouri Non-resid[illegible] Scholarship, President's Awar[illegible] Educational Excellence

Ben Magel: First National Bank[illegible] Award

Matthew Mauk: National M[illegible] Commended Student

John McFarland: Industrial Te[illegible] nology Award

Eric McLaughlin: Presiden[illegible] Award for Educational Excelle[illegible] University of Iowa Full Tuit[illegible] Scholarship

Tara Meierkord: President's Aw[illegible] for Educational Excellence

AND AWARDS

avid Millen: National Merit Commended Student, President's Award or Educational Excellence, State of wa Navy ROTC Scholarship, State f Iowa Scholar, Iowa State Bar Association American Citizenship ward, University of Illinois-Urbana chievement Scholarship

aren Moon: Ames High Alumni ssociation Scholarship, Herff ones, Inc., Principal's Leadership ward, Hy-Vee Scholarship, Iowa tate University Achievement ward,Jeffrey Brown Memorial Photography Award, National Merit Scholarship Finalist, National Spanish Exam-3rd in state, President's ward for Educational Excellence, tate of Iowa Scholar, University of wa Dean's Scholarship, University f Iowa Engineering Scholarship, niversity of Iowa Tuition Scholarship, Iowa State University Engineering Scholarship, Iowa State University Presidential Scholarship, orwest Bank Scholarship

cott Mullica: President's Award or Educational Excellence

mily Nelson: Jeffrey Brown Memorial Photography Award

oyce Ng: President's Award for ducational Excellence

oss Nichols: National Merit Commended Student, President's Award or Educational Excellence, State of wa Scholar, University of Iowa Music Activity Scholarship

than Olberding: Army ROTC 4-ear Scholarship, President's Award or Educational Excellence, Wabash ollege President's Scholarship

ina Olberding: Ames Noon iwanis Scholarship

mily Olson: President's Award for ducational Excellence

ennifer Olson: Hanger Foundaon Scholarship, Iowa State Univerity Achievement Award, Luther rotherhood Scholarship, Luther ollege Larsen Scholarship, Luther aculty Scholarship, Norwest Bank cholarship, President's Award for ducational Excellence

amela Olson: President's Award or Educational Excellence

mily Patrick: Children's Theater ward of Recognition, First United ethodist Foundation Scholarship, wa State University H. S. Ostlin emorial Scholarship, President's ward for Educational Excellence, niversity of Northern Iowa Acaemic Excellence Award, University f Northern Iowa Elsie Sindt Scholrship, Wendy Zimmerman Ames ducation Association Teacher cholarship

ason Petersohn: Iowa State Uniersity Academic Recognition Scholarship, Iowa State University Catt Alumni Scholarship, Iowa State University Freshmen Honors Program, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar

Laura Peterson: Jeffrey Brown Memorial Video Award

Kesone Phimmasone: Emma McAllister Novel Scholarship in Art, Iowa State University Beresford/ Seeds Scholarship, Iowa State Univsersity Images Scholarship, President's Award for Educational Excellence, University of Iowa-Emma McAllister Scholarship, David Burton Stone Memorial Art Award, Frank Miller Scholarship in Art, Iowa State University Art Scholarship, University of Iowa Scholarship

Kirsti Place: President's Award for Educational Excellence

Matthew Prins: Iowa State University Freshmen Honors Program, Mathematics Contest, National Merit Scholarship Finalist, President's Award for Educational Excellence, Southeast Missouri State University Merit Scholarship

Andrew Proescholdt: Iowa State University Merit Scholarship, Mathematics Contest, National Merit Scholarship Finalist, President's Award for Educational Excellence

Buffy Quintero: Iowa State Odyssey of the Mind Scholarship, President's Award for Educational Excellence, Prinicpal Financial Group Scholarship, University of Iowa Emma McAllister Novel Scholarship, University of Iowa Tuition Scholarship, University of Iowa, Opportunity at Iowa

Farhang Raaii: National Merit Scholarship Finalist, Hach Scientific Foundation, Iowa State University Freshmen Honors Program, Masonic Grand Lodge Scholarship, National Merit $2000 Scholarship sponsored by Tenneco, NCTE Writing Achievement Award, President's Award for Educational Excellence, State of Iowa Scholar, Texas Christian University-Tandy Technology Scholar, Century III Leaders Sylvan Scholar, University of Arkansas Sturgis Fellowship Certificate, University of Richmond Ethyl Science Scholar

Prathyusha Ramisetty: Mary Greely Medical Center Auxiliary Health Career Scholarship, Minority Internship for Summer, President's Award for Educational Excellence, University of Northern Iowa Minority Achievement Award

Katie Rhodes: President's Award for Educational Excellence, Luther College Scholarship

Lindsey Rice: Norwest Bank Scholarship, President's Award for Educational Excellence, University of Northern Iowa 21st Century Leaders Scholarship

Matthew Robinson: President's Award for Educational Excellence, Westminster Dean's Scholarship, Westminster Leadership Scholarship

Claire Roth: President's Award for Educational Excellence

Lindsay Sargent: Luther College-Regent Scholarship, National Merit Commended Student, President's Award for Educational Excellence, St. Olaf College Dean's Scholarship, State of Iowa Scholar

Kristina Sassman: President's Award for Educational Excellence

Nicholas Schafer: President's Award for Educational Excellence

Sherry Schwarzenbach: Ames High Alumni Association Scholarship, Beta Tau Delta Scholarship

Mert Sermet: President's Award for Educational Excellence, Vanderbilt University Blair School of Music Scholarship

Tami Shinar: Art Institute of Atlanta-Scholastic Art Award, Art Portfolio Nominee, David Burton Stone Memorial Art Award, Des Moines Women's Club Art Scholarship, Frank Miller Scholarship in Art, Mathematics Contest, National Merit Commended Student, President's Award for Educational Excellence, Texas Christian University-Tandy Technology Scholarship, University of California at San Diego Regent's Scholarship, University of Califoria Berkeley Chancellor's Scholarship, University of Illinois Jobst Scholar, University of Iowa-Iowa Center for the Arts Scholarship, Washington University College of Liberal Arts & Sciences

Peter Shupp: President's Award for Educational Excellence

Alex Sipes: First National Bank Art Award

Jennifer Sippel: National Merit Scholarship Finalist, President's Award for Educational Excellence, University of Iowa Merit Scholarship

Jennifer Smith: Ames Junior Achievement Scholarship, President's Award for Educational Excellence

David Sosnouski: President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Engineering Honors Freshmen Scholarshiop

Sara Stevenson: Gustavus Adolphus College Jussi Bjorling Music Scholarship, Gustavus Adolphus Partners in Scholarship, Iowa State University Academic Recognition Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Minnesota Alumni Scholarship, University of Minnesota Gopher State Scholarship

Eric Strasser: Industrial Technology Award

Stacy Strovers: President's Award for Educational Excellence, Shaffer's Auto Body Company Scholarship

Julie Swanson: Luther College Olson Scholarship, Norwest Bank Scholarship, President's Award for Educational Excellence

Sarah Teas: Grinnell College Trutee Honors Scholarship, Luther College Regent Scholarship, National Merit Commended Student, Norwest Bank Scholarshiop, President's Award for Educational Excellence, Scratch Pad Award, State of Iowa Scholar, University of Northern Iowa Academic Excellence Award

Tricia Triplett: National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar

Adrian Van Etten: Industrial Technology Award

Micah Vardeman: Dordt College Engineering Major/Program, Dordt College Honors Scholarship, Iowa State University Freshmen Honors Program, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, Dordt College Track Scholarship

Sarah Weitzel: President's Award for Educational Excellence

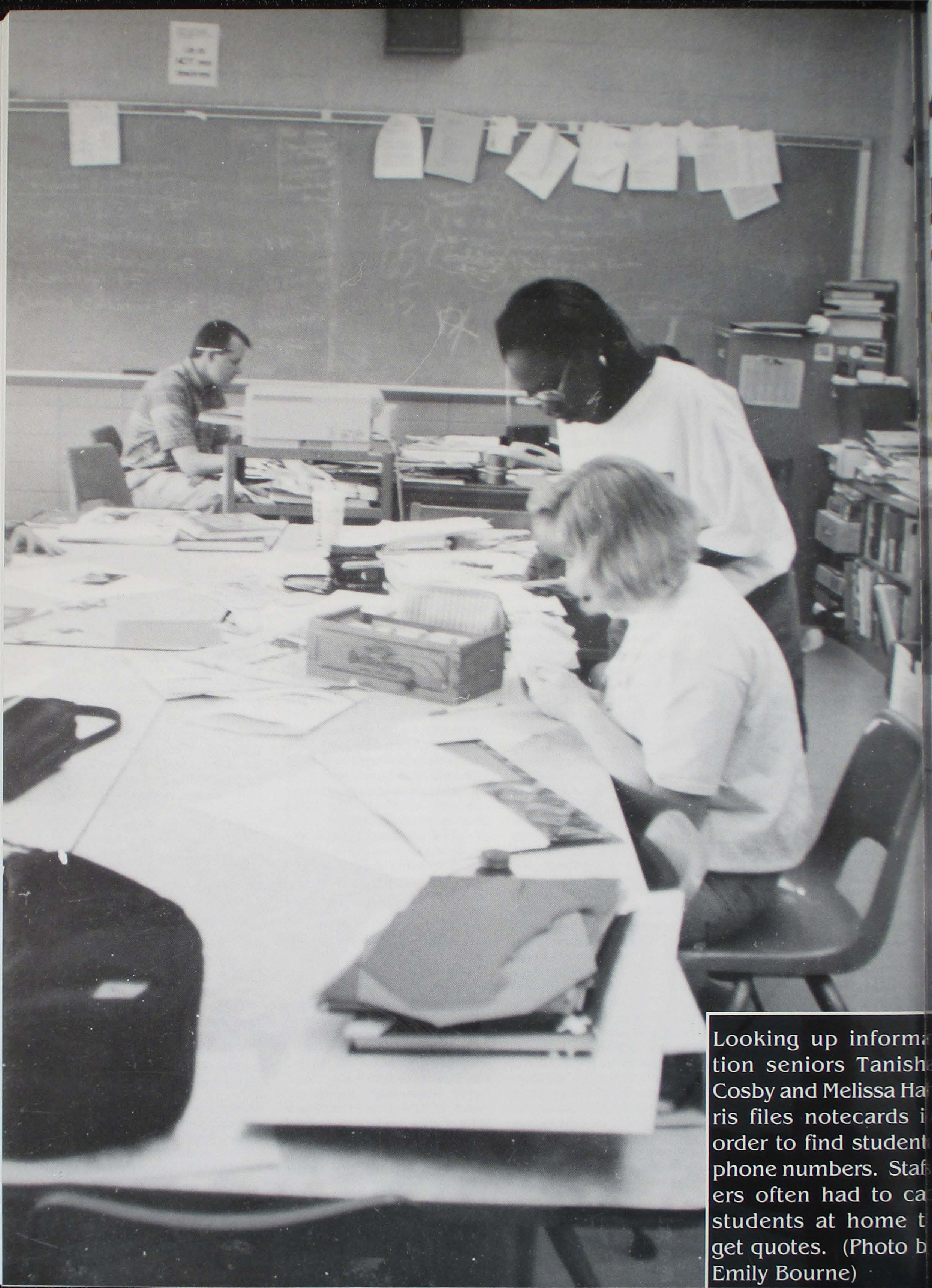
Bhagya Wickrama: President's Award for Educational Excellence, Northeast Missouri State Univ. President's Combined Scholarshiop

Jon Wilson: First National Bank Art Award

Kathryn Woods: Coe College Trustee Scholarship, Knox College Trustee Scholarship, National Merit Commended Student, President's Award for Educational Excellence

Jason Wray: Debate Letter, President's Award for Educational Excellence

Nathan Wright: Jeffrey Brown Memorial Video Award



Looking up information seniors Tanisha Cosby and Melissa Harris files notecards in order to find students' phone numbers. Staffers often had to call students at home to get quotes. (Photo by Emily Bourne)

ADS AND INDEX

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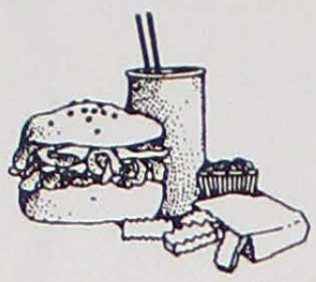
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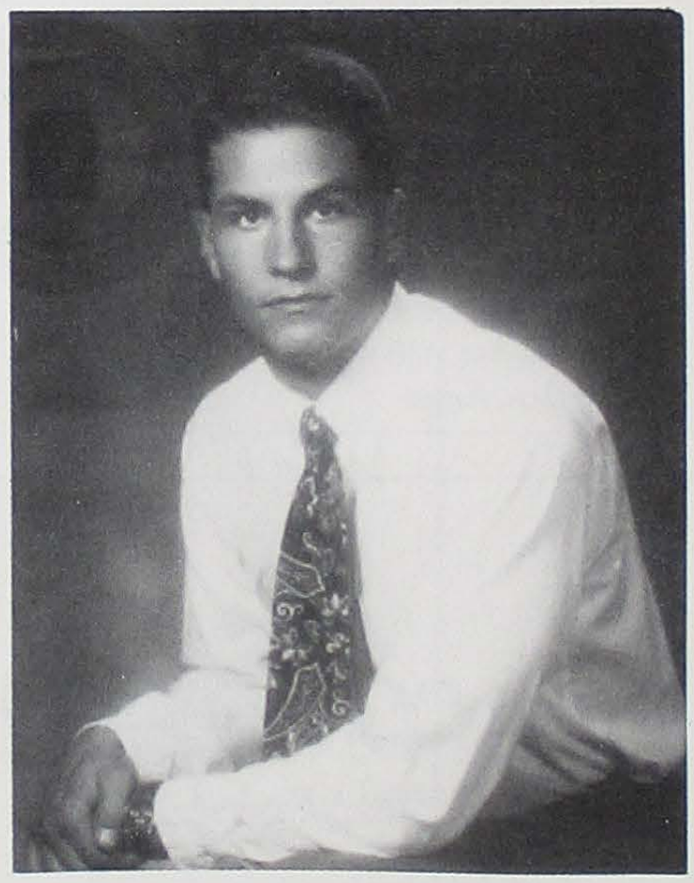
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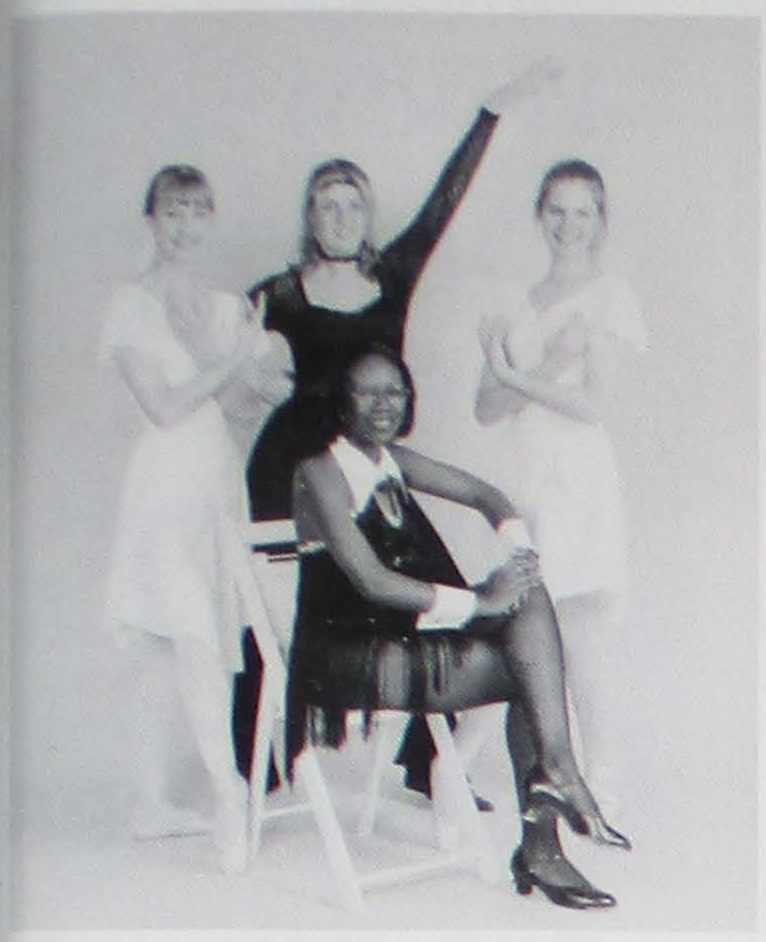


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Priscilla Daniel



Priscilla,
Congratulations, continue to aim high and shoot for the stars. God bless you.
Dad, Mum, Wes,
Kishani, Paul,
& Jennifer

Jenny Ellett



Memories: Friends! Overnights! Summers at Clear Lake! Muds!! We've known from the day you were born that you were special!
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Mom & Dad

Sara Stevenson



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Love,
Mom, Dad & Andy

Cecily Martin

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Mom, Dad, & Gavin





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Michael & Chris.

Joss Nichols

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Love,
Travis, Caity,
Ken & Mom



Daniel Gardner

Daniel,
You've been an adventure for us from birth in Naples, Itlay to the present. May you continue this adventure and live life to its fullest.
With Love,
Mom & Dad

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Heather Hudson



Heather,
You are a
very beautiful
& special
daughter,
may all your
dreams come
true.

You have our
un-ending
love and
support.

Mom & Dad



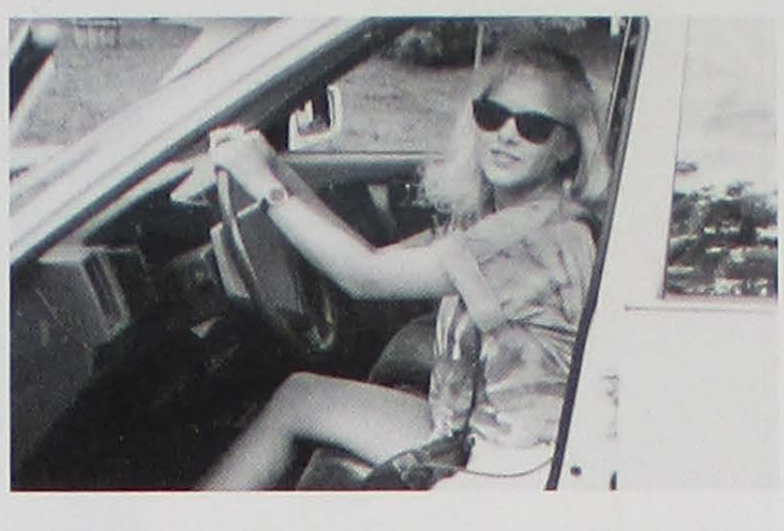
In Memory of the Life and Friendship of

Sommer Karine Eckard

Class of 1995













Some people come into our lives- leave footprints on our hearts- and we are never ever the same.







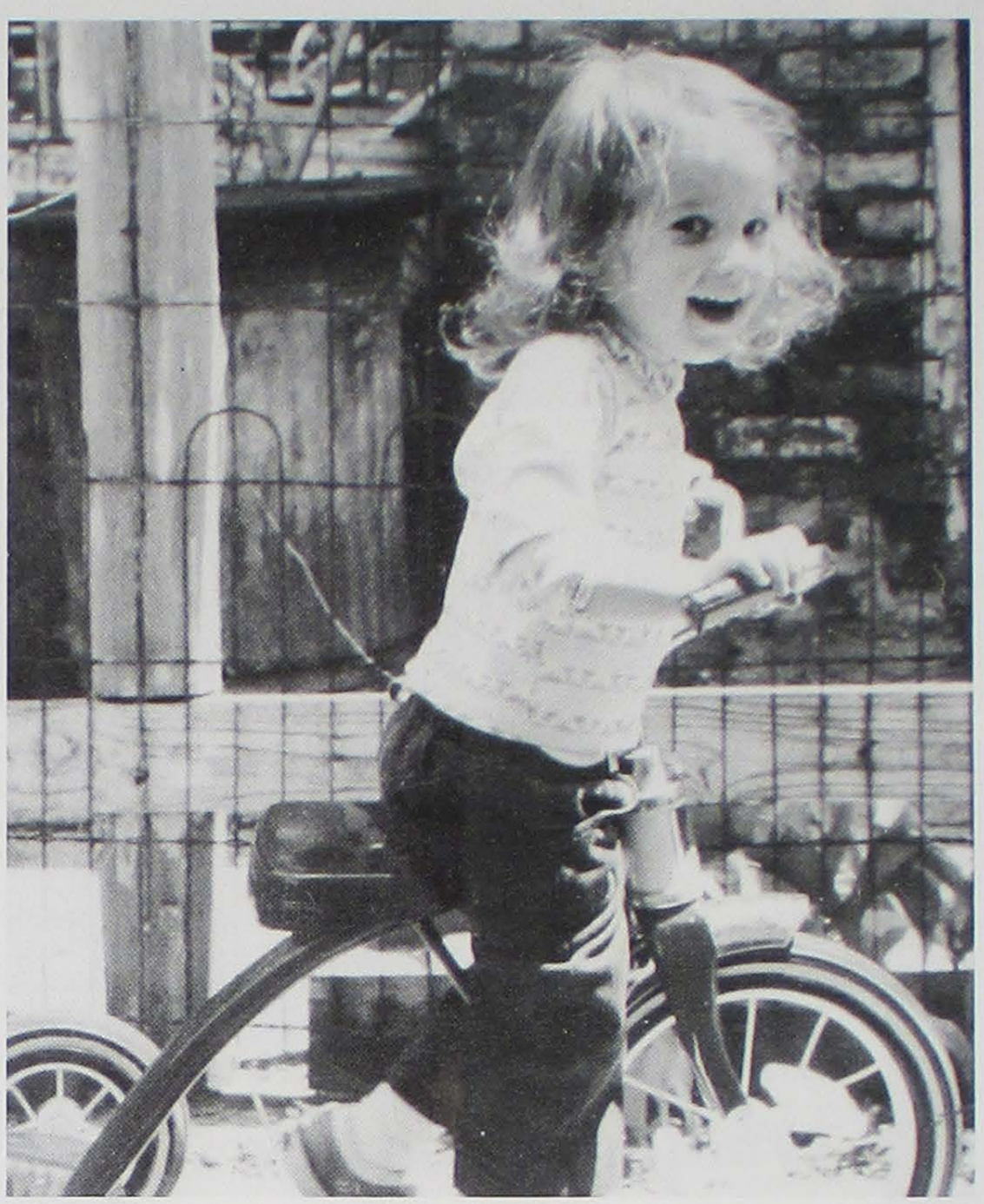






Jesus said to her, "I am the Resurrection and the Life; he who believes in me will live even when he dies." -John 11:25

Emily Bourne



Congratulations, Emily,
you're on your way! And
we'll always be behind
you.

Love,
Mom, Dad and Katie



... A sweet, adorable child

Lisa Biggs

We are so proud of all you have accomplished. We are here to support you as you go on to new and even more challenging projects. Keep aiming high!

Love,
Mom & Joel



...A bright, determined young woman.

Emily Nelson



Emily-
We couldn't be happier for you or prouder for you!
Suerte, vista y al toro!
We love you!
Mom & Dad

Micah Vardeman



"And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Micah 6:8
Love,
Mom, Dad & Andrew

Sara Britson

Congratulations, Sara. May all your dreams come true.
Love,
Mom, Dad & Joel

Jennifer Stalheim



Parting is such sweet sorrow.

Love,
Mom, Dad & Terri

Suzy Craig



Three cheers for you, an official Cylcone now! You're a treasure! Thanks for the joy you've shared with us. Capture your dreams! Our Love, Mom, Kathy, Grandma

Sarah Teas



"You are my ... SUNSHINE,
my only ... SUNSHINE.
You make me... HAPPY,
When skies are... PINK!"
"Are you teasin' me Sarah?"
"Ya, I'm teasin' you, Mom!"
We love you,
Mom, Dad, David,
Rachel & James

Jamie Jo Ber



Continue to touc people with you smile, Jamie. Happiness & bes wishes always-We so proud of you.
Love,
Mom, Dad, Jason Colleen

Brian Ziebell



Congratulations and good luck! Our wish for you is to be happy in everything you do. Love,
Mom, Dad & Brad

Jackie Lee



Jackie,
Nothing's stopping you now...we are so proud and behind you 100%...wherever you go, whatever you do... listen for the alarm!
Love,
Mom & Dad

Renee Kingsbury



Congratulations Renee! We are so very proud of you and love you. You are truly a champion! Love,
Mom, Dad & Shawne

Melissa Green



You're the BEST! We are very proud of you. May your future be filled with happiness and much sucess.
Our love always,
Dad & Mom

Carrie Schram



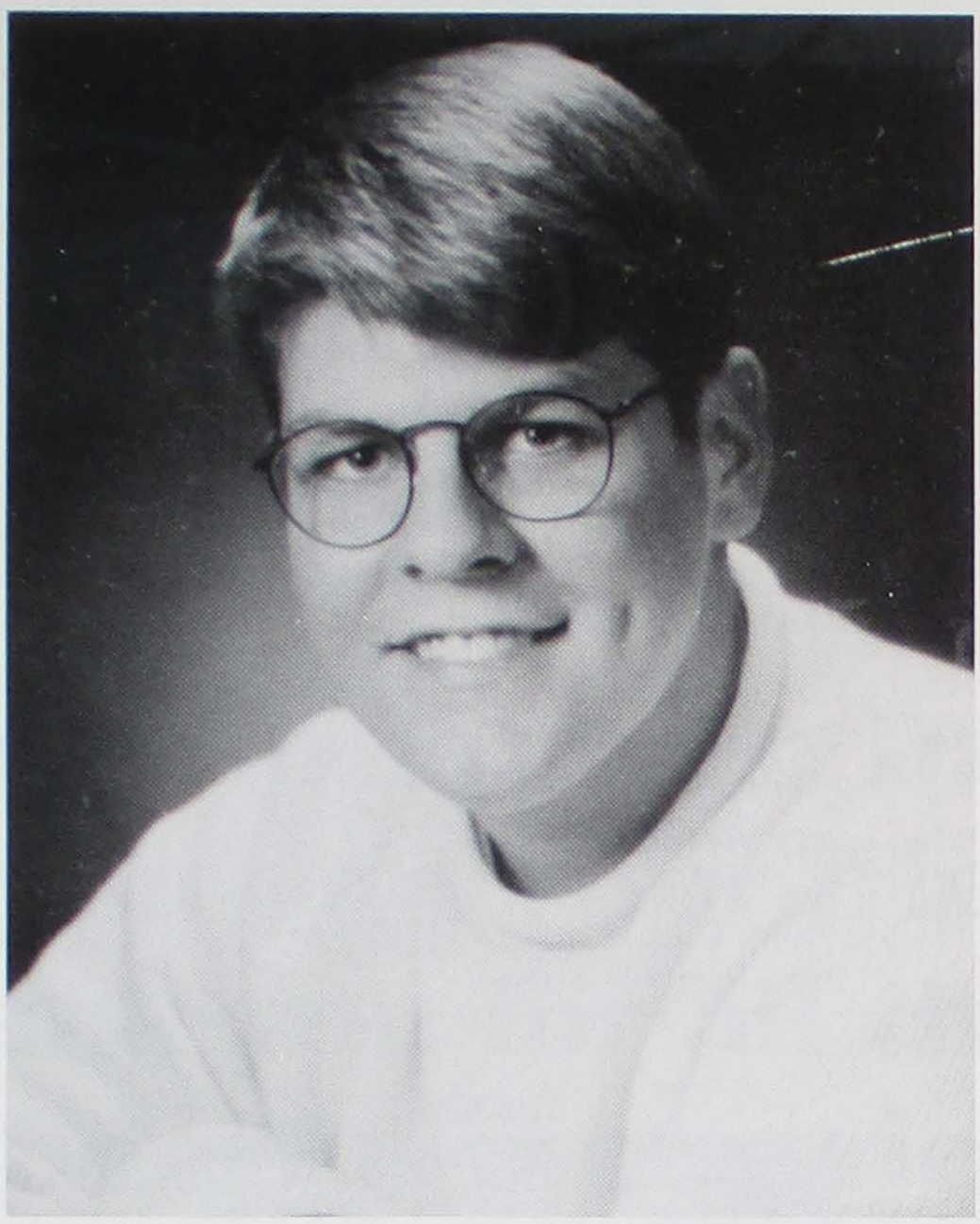
To watch you grow and follow your dreams has been the greatest gift of all. Your journey is just beginning-our love goes with you always. Keep smiling, sunflower.
Love,
Mom, Dad, Kelley,
Jessie, Molly, Taylor & Chubby

Laura Bendig



Laura,
We wish you the best in life today and always!
Good luck!
Mom, Terry,
Sunny & Clovis

Barrett Emerson Randall



Be Strong
in the Lord...

Love From
Dad and Mom

Mark Hatfield



Mark,
We love you and are very proud of you. Thanks for bringing so much joy to our lives!
Love,
Mom, Dad & Andy

Jenny Johnson



To be successful you have to keep moving. No one stumbles on something sitting down. You're on a roll!

Our Love,
Mom & Dad

Kirsti Place



Congratulations, Kirsti! Reach for th stars and make al your dreams come true! Bonne chance!
Love,
Mom, Dad, Nichola Rolf & Marit

Kevin Heggen



Congratulations, Kevin! we wish you all the best in life.
Love,
Dad, Mom & Karen

Emily Patrick



Congratulations, Emily! Thanks for all the wonderful memories you've given us. We know there are many great things to come!
Love,
Dad, Mom & Dan

Fawn Stubben



You are now a woman of two worlds and we are very proud of you.
Aho. Daxindi.

David Evans



Congratulations David on a super senior year. We are very proud of you.
Love,
Mom, Dad, Christine, Jenny & Spiro

Tanisha,
The key to knowledge is hard work. We love you very much, you're the greatest.

Mom, Dad & Tia

Brett Blackwelder



Brett Blackwelder
#21
Rock Chalk
Jayhawk
KU
Your future is now beginning. The best is yet to come!
Love,
Mom, Dad & Karsten

Claire Roth



To our bright and shining Claire-
Keep up the good cheer. Don't worry; be happy.

Mom, Dad,
David & Emily

Melissa Harris



You will always be first place with us--keep striving for the top!
Love,
Mom & Dad

Ben Kellen



Ben,
We are so proud of who you are. The world is open to you, we have no doubt you will accomplish all you set out to do.
Love,
Mom & Dad

Pamela Hove



Congratulations, Pam. We love you and wish you the best as you face the challenges ahead.
Love,
Mom & Dad

Kelly Day

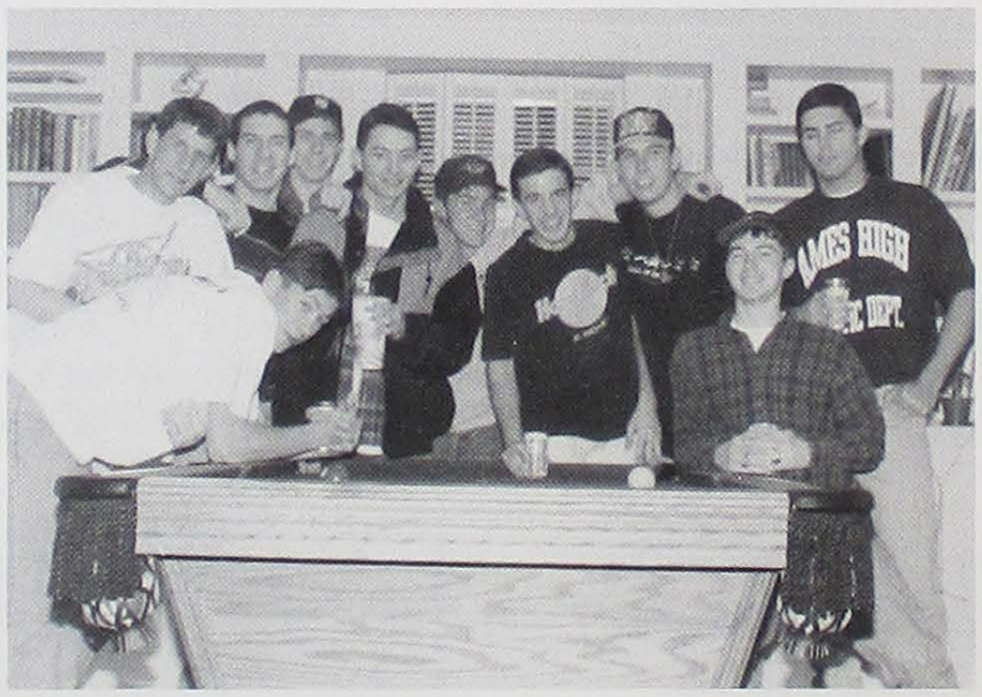


Doodah, May your life always be a lessing to others in the same way you have blessed us!
Love,
Mom, Dad &

David Good

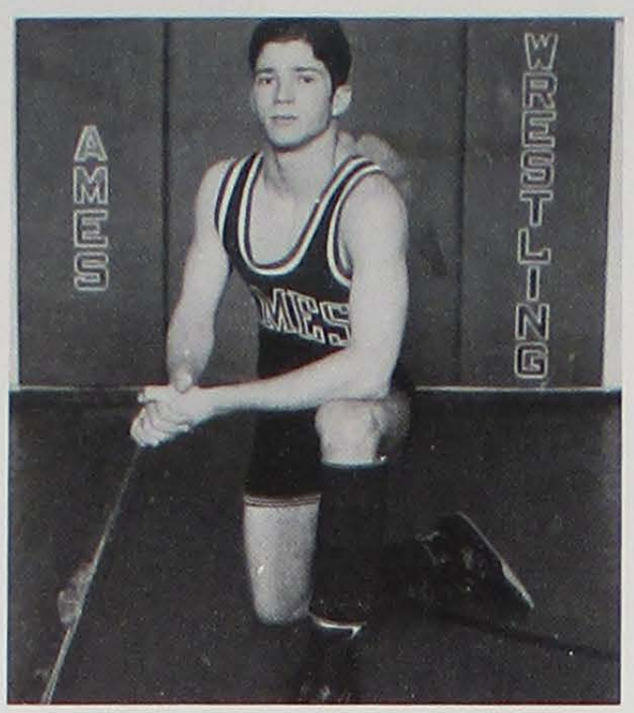


Congratulations, David,
to you and your friends.
Thank you for all the
wonderful memories.
May all your dreams
come true.



From
Mom & Dad

In memory of
Daniel Pollard



July 8, 1977 - November 4, 1994

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Spirit 1995 Colophon

This is the Colophon, the special place in the yearbook where t executive editor (that's me) gets to tell you all of the exciting little thin that make up our book. *Spirit* Volume 83, "All in the Cards" was produc by ten writers, six photographers, two design editors, a slave-driving e ecutive editor, and a cool but overworked adviser. *Spirit* was publish by Walsworth Publishing Company in Marceline, Missouri, and assisted our helpful Walsworth representative Bob Kerdus.

On the cover of "All in the Cards" we used jet black 818 gra leather for the background and hot foil cardinal red 405 and brite silv foil 900 on the logo. All of the pages were printed on monarch glos double-coated enamel 80 pound paper. The body copy is in 10 pt. Benguia and the captions are in 8 pt. Benguiat. Headlines were done in Ava Garde and (my personal favorite) Graverplate, as well as Benguiat. *Spi* was completed on Macintosh LCs and Macintosh Power PCs using Ald Pagemaker 5.0 and Microsoft Works 4.0.

As the executive editor, I attended a four-day summer workshop the University of Missouri at Columbia, where I learned all about being a editor and how to make a cool yearbook. Part of the staff, along wi myself and our advisor went to Cedar Rapids for a one-day workshop October. I think the best lessons we learned about putting together yearbook were from each other, as we bounced ideas off each other (a bounced off a few walls in the process) and lived to tell about it the ne day.

The staff would sincerely like to thank all of the Ames businesses f their financial support in our ad section and the parents who bought a for graduating seniors, Amy Sengbusch and Mr. Lang for dealing with and lending a helping hand in the computer lab in Room 9, and the who school for giving us another chance to give you our best in less than 30 pages. Last but not least, the 1995 *Spirit* staff would like to thank o advisor, Mr. Darin Johnson for his dedicated work to us during his first ye at Ames High. Even though we constantly dipped into his personal life an prank called him on speaker phone, he remained a good sport through all, and still let us call him D.J.

—Tanisha L. Cosby, Executive Editor

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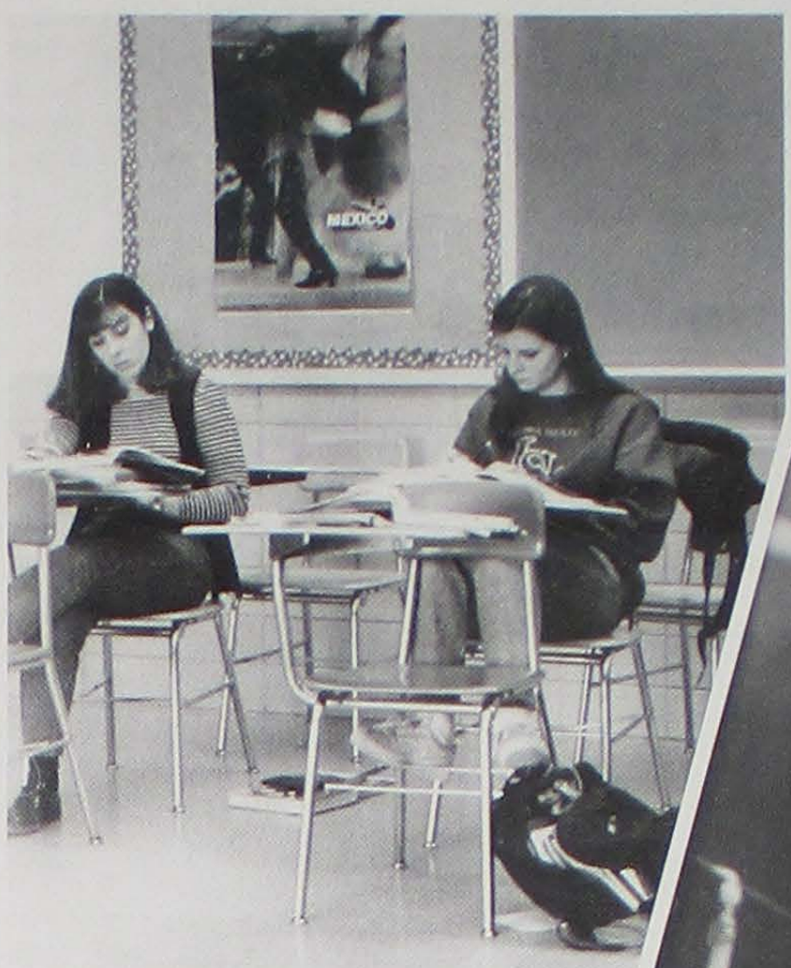
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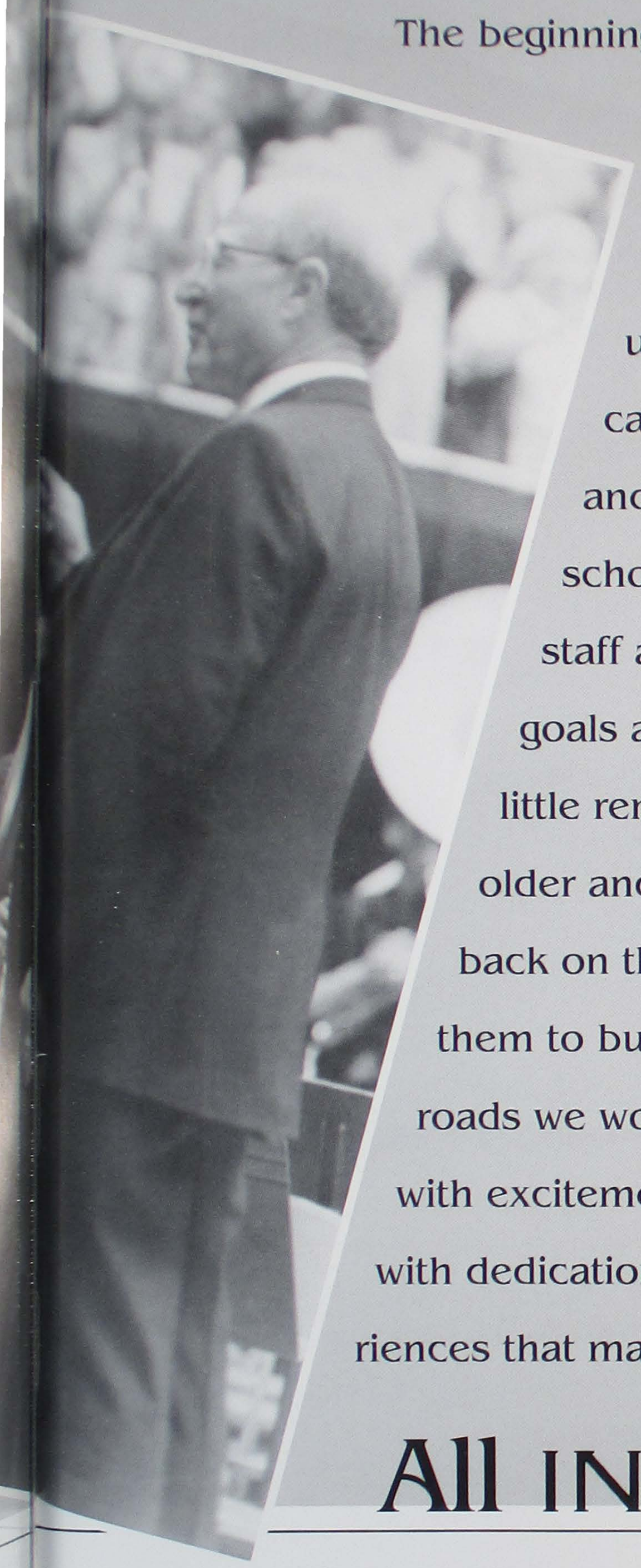
Studying workbook pages, sophomore Christina Bitz and junior Andrea Hugdahl use free time in class to work ahead. Students often used class time to get work accomplished to make the homework load less. (Photo by Kristi McConnell)

Marching onward, the Ames High Marching Band participated in the annual Veishea parade . Playing in the parade was a yearly tradition that proved to be a highlight of for band members. (Photo by Kathy Loveland)





Living his dream, Assistant Principal W. C. Ripp directs the band in the school song "Loyality" at graduation. An honorary graduate, Ripp ended 36 years of service to AHS this year. (Photo by Jason Rearick)



The beginning of the year was just a fading memory as we reached the end. Seniors threw up their caps after four years of hard work and nine faculty members polished off many dedicated years of service to the orange and black. As the structure of our school moved to the next level so did staff and students, accomplishing new goals and setting higher boundaries. With a little remodeling our school was one year older and we were one year wiser. Looking back on the ups and downs, we could only use them to build up our futures and the many roads we would travel. It was 180 days filled with excitement and trials, with joy and pain, and with dedication and hard work but it was our experiences that made our unique school year.....

All IN THE Cards

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